



Virtual Brain and Body Fitness Program



An exercise program for people living with mild to moderate Alzheimer's disease and related dementias and their care partners

WHEN: Mondays and Wednesdays
January 18 - April 7, 2021

TIME: 10:00 - 11:30 am

PLACE: Comfort of your home

FEE: No cost

For more information, contact the Aging & Disability Resource Center of Eau Claire County at
715.839.4735, 888-338-4636,
or adrcc@co.eau-claire.wi.us

To participate in the Brain & Body Fitness exercise program participants must be able to perform simple exercises, be able to follow verbal directions, participate in conversation and attend all or at least 80% of classes.

Brain & Body Fitness has been shown to improve physical fitness and mood in people living with dementia. The exercise program is safe, effective and a fun, social program taught by qualified and trained YMCA staff.

Free one-year YMCA membership included to participants and their care partners.

****Register online at www.adrcevents.org**

A web link will be sent to all who register

