



Brain and Body Group 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
September 13 - December 1, 2021

TIME: 10:00 - 11:30 am

PLACE: Lake Street Methodist Church
337 Lake Street, Eau Claire

FEE: No cost

Register online at www.adrcevents.org or call the Aging & Disability Resource Center of Eau Claire County at 715.839.4735 or 888-338-4636,

To participate in the Brain & Body Fitness exercise program participants must be able to perform simple exercises, follow verbal directions, and participate in conversation.

Modeled after the LEEPS program (Language Enriched Exercise Plus Socialization), Brain & Body Fitness has been shown to improve physical fitness and mood in people living with dementia and their caregivers. It is a safe, effective, and fun social program taught by qualified and trained YMCA staff.

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

To help ensure the health and safety of all participants, CDC's COVID safety precautions will be followed, including social distancing and mask wearing.

