



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
January 9 - March 29, 2023

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.

