



An exercise, brain health, and social engagement program for people living with Alzheimer's disease and related dementias, and their care partners.



WHEN: Mondays and Wednesdays  
May 13 - July 31, 2024

TIME: 10:00 - 11:30 AM

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

FEE: No Cost

For more information or to register:  
call the Aging & Disability Resource Center  
at 715-839-4735 or 888-338-4636 or register  
online at [www.adrcevents.org](http://www.adrcevents.org)

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

The program has been shown to improve physical fitness and mood, it is a safe, effective, and fun program taught by qualified and trained YMCA staff (Laurie & Pete).

