



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
January 6 - March 26, 2025

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

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).

