



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 12 - November 30, 2022
- 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.

