



Brain and Body Fitness Program



A group exercise program for people living with mild to moderate Alzheimer's disease and related dementias and their care partners

WHEN: Mondays and Wednesdays
January 20 - April 8, 2020

TIME: 10:00 - 11:30 am (snacks provided)

PLACE: Chippewa Valley Museum
1204 E. Half Moon Drive,
Carson Park, Eau Claire

FEE: No cost

For more information and to register, contact the Aging & Disability Resource Center of Eau Claire County at 715.839.4735, 888-338-4636, or adrc@co.eau-claire.wi.us

*In case of inclement weather, there will be no classes if the Eau Claire Area Schools are closed, watch the local TV stations or listen to WAXX radio for a listing of closings for that day.

To participate in the Brain & Body Fitness group exercise program participants must be able to perform simple exercises, be able to follow verbal directions, participate in conversation and attend all or at least 80% of classes.

Brain & Body Fitness has been shown to improve physical fitness and mood in people living with dementia. The exercise program is safe, effective and a fun, social program taught by qualified and trained YMCA staff.

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

