

**Are changes in memory affecting your life?
Have you talked with your doctor?
Is your family concerned?**



The Mind & Body Workshop

**A workshop for people with mild cognitive
impairment and their families**

**Early intervention CAN help!
Our program provides:**

- ☞ Support and discussion with others experiencing memory loss
- ☞ Brain gym exercises to maintain and strengthen brain functioning
- ☞ Laughter yoga to renew both mind and spirit
- ☞ Strategies to help adjust to changing abilities and family relationships

When: Next session begins June 29 or 30
Please call for details: 703-204-4664

Where: Alzheimer's Family Day Center
2812 Old Lee Highway, Suite 210
Fairfax, Virginia 22031

Time: Mondays 6:30-8:30 pm *or*
Tuesdays 1:30-3:00 pm

Program charge is \$150 per couple.
Each session runs for 6 weeks and
is limited to 12 participants.

*To register
for the workshop,
please call:*
(703) 204-4664



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Suite 210
Fairfax, VA 22031**

www.alzheimersfdc.org