

The Mind & Body Workshop



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

Expanded & Modified Programs

Our **Expanded Program** is ideal for couples where one participant is in the early stages of Alzheimer's or a related dementia.

Couples workshop (5:45 pm) with brain gym exercises and laughter to renew both mind and spirit.

Dinner (6:30 pm) with others experiencing memory loss.

Support group for caregivers (7:00 pm), including strategies to help adjust to changing abilities and family relationships.

Guided Activities (7:00 pm) for the person with dementia, to promote interaction and discussion.

Our **Modified Program** is designed for couples where one participant is advancing in the early stages of dementia.

Dinner (6:30 pm) with others experiencing memory loss.

Support group for caregivers (7:00 pm), including strategies to help adjust to changing abilities and family relationships.

Guided Activities (7:00 pm) for the person with dementia, to promote interaction and discussion.

Register Today!

Registration is required: Please call 703-204-4664.

Questions about the program? You can also call us at 703-204-4664, or visit our website to learn more, at www.AlzheimersFDC.org!

Join Us!

When:

Session begins January 23, 2012.

Where:

Alzheimer's Family Day Center
2812 Old Lee Highway, Suite 210
Fairfax, VA 22031

Time:

Mondays from 5:45 pm to 8:00 pm.
All can enjoy a light dinner at 6:30 pm.

Details:

Program registration is \$175 per couple for the Expanded Program; \$75 for the Modified Program. Each session runs for 6 weeks and is limited to 16 participants.

