



# MINDS IN MOTION

## Sessions for the Brain, Body & Soul

### **This program is designed for those:**

- experiencing memory & thinking changes
- living with mild cognitive impairment (MCI)
- living with dementia or Alzheimer's disease with mild symptoms

### **Program Focus:**

- Participants will enjoy light exercise, brain-stimulating activities and connecting with others.

### **Two Locations**

#### **Fitchburg Senior Center**

3rd Tuesday of the month, 10–11 a.m.

For more information contact David Hill at  
(608) 270-4292

#### **NewBridge - North Madison office**

4th Tuesday of the month, 12:15–1:15 p.m.

For more information contact Deenah Givens at  
(608) 512-0000, extension 3002

**Learn more at: [adrc.wisc.edu/minds-in-motion](http://adrc.wisc.edu/minds-in-motion)**

### **Presented by:**

