



And



*(formerly Southwest Suburban
Center on Aging)*



invite you to join an

Early to Mid-Stage Dementia Exercise Program For Those Experiencing Memory Loss and Their Caregivers

- Who:** Caregivers and Older Adults
- When:** Six-week Sessions
Fridays
10am-10:45am
- Where:** Aging Care Connections
(formerly Southwest Suburban Center on Aging)
111 West Harris Ave., La Grange
- Cost:** \$56 per couple per six-week session
Please call 708-354-1323 to register.

Recent research indicates aerobic exercise is beneficial for improving brain function as well as:

- * Improving physical health and motor function
- * Improving balance
- * Improving mood and sleep
- * Providing socialization and enjoyment