



NEW CLASS!

Minds in Motion

Designed for seniors with early stage, Alzheimer's disease, dementia or cognitive impairments

brain games ◈ exercise ◈ tai chi ◈ lunch ◈ art
music ◈ cooking ◈ gardening

10 AM - 2 PM, WEDNESDAYS

Held the **first** and **third** Wednesday of each month beginning Nov. 1



FIRST UNITED METHODIST CHURCH
2941 S. Koke Mill Rd., Springfield

**BENEFITS
MAY
INCLUDE:**

- ◈ Improved mood
- ◈ Increased core strength
- ◈ Improved balance
- ◈ Improved brain function
- ◈ Relaxation

*Questions? Contact Susan Helm
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217.502.3992*



SIU MEDICINE
ALZHEIMER'S CENTER