

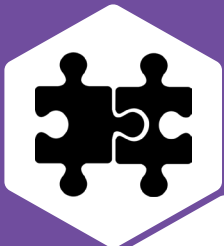


SIU MEDICINE

DALE & DEBORAH SMITH CENTER
FOR ALZHEIMER'S RESEARCH
& TREATMENT



ACTIVITIES FOR MINDS IN MOTION INCLUDE:



Brain
games

Creative
activities



Art

Music



Social
Interaction

Chair
yoga



Catered
lunch

Exercise the body, mind and creativity

Minds in Motion

Dementia and memory loss can be overwhelming. The Smith Alzheimer's Center's community outreach programs provide activities and respite, helping improve the quality of life for those with Alzheimer's and related disorders, as well as those who care for them.

Minds in Motion is an evidence-based program designed for persons experiencing memory loss or dementia. The goal is to improve or maintain mental, physical, and emotional well-being. Caregivers are welcome to participate, too, if they choose. Sessions are available at multiple locations in Springfield.



NAACP | 801 S 11th St



ILLINOIS PRESBYTERIAN
HOME COMMUNITIES |
2005 W Lawrence Ave



FRIDAYS



TUESDAYS

Registration is required. To register or learn more about
Minds in Motion, email care@siumed.edu or 217.545.5698