

Wellness & Movement



PRESENTED BY



**DEMENTIA
ALLIANCE**
of North Carolina



Community Dementia Workshop

Tuesday, March 10, 2020
2:00 - 4:00 pm

*Wellness and Movement
for Caregivers of those
Living with Dementia*

Join us for a fun and engaging workshop providing ideas on how to incorporate easy dance movement into your daily routine.



Get information to help you better understand dementia and learn the benefits of movement to music for both you and your loved one.

Movement has been shown to boost your brain. Dancing increases neural connectivity while improving flexibility, balance, coordination and reducing stress. **This interactive workshop will show you how to care for yourself and how to use dance and movement as a way to care for your loved one, too.**

The workshop is free but registration is requested

information/registration

Lisa Levine at (919) 832-3732 or
llevine@DementiaNC.org

location

Edenton Street
United Methodist Church
228 W. Edenton Street
Raleigh 27603

