



Brain and Body Group Fitness Program



An exercise program for people living with mild to moderate Alzheimer's disease and related dementias and their care partners

Modeled after the LEEPS program (Language Enriched Exercise Plus Socialization), Brain & Body Fitness has been shown to improve physical fitness and mood in people living with dementia and their caregivers. It is a safe, effective, and fun social program taught by qualified and trained YMCA staff.

To participate in the no-cost Brain & Body Fitness exercise program, participants must be able to perform simple exercises, follow verbal directions, and participate in conversation.

Free one-year YMCA membership included to participants and their care partners.

For more information on classes, call the Aging & Disability Resource Center of Eau Claire County at 715.839.4735 or 888-338-4636, or visit our calendar page at www.acrcevents.org

The Brain & Body Group Fitness program is a partnership with the ADRC of Eau Claire County and the Chippewa Valley YMCA, www.ymca-cv.org

