

ARTHRITIS EXERCISE FOR CAREGIVER & LOVED ONE LIVING WITH EARLY STAGE DEMENTIA/ALZHEIMER'S

**EXERCISE OUR BODY & MIND WHILE SITTING
IN A CHAIR PRACTICING SIT-BALANCE,
COORDINATION & FLEXIBILITY!**

MONDAY JULY 1ST 10AM – 10:45AM

MONDAY JULY 8TH 2PM – 2:45PM

MONDAY JULY 15TH 10AM – 10:45AM

MONDAY JULY 15TH 2PM – 2:45PM

Zoom Class

To Register E-mail: joynerj@valleyaaa.org

