



The **MEMORY** and **MOTION** class is designed for individuals with **Early Stage Alzheimer's**. The program consists of a *journey* that *explores* using the senses through mental, emotional, and physical connection. The class will come *packed* with stress reduction exercises, a creativity theme and visual metaphor for understanding that will enhance communication and connection for participants and caregivers.

The **MEMORY** and **MOTION** class format will be divided into (5) segments that will *build* on (1) an overall 'Themescape' or framework throughout the class followed with (2) Breathing Exercises to guide participants into the present moment and spatial orientation to a relaxing and safe environment (3) Memorization or Visualization of a poem, song or hymn for emotional inspiration (4) Bilateral Integration exercises that builds physical confidence and promotes well-being with mind and body (5) Sensory Stimulation using the 'theme' to enhance the sense of flow and rhythm throughout the class.

In the **MEMORY** and **MOTION** class, the five senses are brought *together* to *enrich* the teaching, and the *connection* with memory and motion. The *unity* will increase **social interaction**, reinforce **continuity**, **concentration** and **awareness** for each participant and caregiver.

CLASSES BEGIN JANUARY 2012

January 10th-April 24th

2nd & 4th Tuesdays-10:00am-11:00am

at the RIDGELAND RECREATION & PARKS

COMMUNITY CENTER

Cost: \$5 per person/per class

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