

# PHYSICAL FITNESS AT HOME

Presented by the Alzheimer's Association®

An online class presented on Zoom for persons living with Early Stage Memory Loss and their care partners



*For residents of Asotin, Benton, Columbia, Franklin, Garfield, Kittitas, Walla Walla and Yakima counties.*

**ALTC** Aging &  
Long Term  
Care  
Southeast Washington  
Aging & Disability Resource Center

**Pre-registration required.**

**Phone Aging and Disability Resource Center at (855) 567-0252.**

[alzwa.org](http://alzwa.org)

alzheimer's  association®