

DANCING FOR MIND & BODY

A program for those living with early dementia



Do you have two left shoes? Or perhaps you have lots of dance experience? Either way, all levels are invited to join this 4-week program celebrating the fun of dancing. This no-cost program is created exclusively for people living with early dementia and their care partners and is led by Jay Dudding, a seasoned dance instructor. Participants will learn basics and build off of their skills weekly.

**Thursdays,
April 4 - 25
Late afternoons**

**Hopkins Activity Center
Hopkins, MN**

PRE-REGISTRATION IS REQUIRED.

Please call the Alzheimer's Association 24/7 Helpline at 1.800.272.3900.

**Alzheimer's Association
Minnesota-North Dakota Chapter**

**alz.org/mnnd
24/7 Helpline 1.800.272.3900**