Eligibility

- A diagnosis of mild cognitive impairment, early Alzheimer’s disease or other early memory disorder
- A willingness to acknowledge memory loss
- A desire to participate in social and group activities
- A desire to increase physical fitness and energy
- A desire to learn about your memory loss and ways to manage it
- A willingness to meet with the Alzheimer’s Association staff to determine eligibility.
“Although I have a diagnosis of early memory loss, I am learning to be healthier and have fun among friends who are in the same boat as me.”

This program is offered to people who have a diagnosis of early memory loss. It focuses on maintaining the quality of life as one learns to communicate with others about common experiences living with memory loss in order to maintain an active lifestyle. The program gives participants the opportunity to exercise, as well as to learn ways to manage the changes in memory from each other and group facilitators trained by the Alzheimer’s Association RI Chapter. Simultaneously, the program provides time for care partners to pursue their own interests. The program offers valuable information/resources to families living with someone who has a diagnosis of memory loss in Rhode Island.

**BENEFITS**

- Allows group members to be proactive about their memory loss
- Offers a social and support system outside of the family
- Provides chances to participate in activities one likes to do in the community and at program site
- Participate in physical and mental exercise that is beneficial for overall health
- Receive information regarding supportive resources outside the group setting
- Opportunities to share interests and hobbies with others through fun and socialization
- The group becomes part of a personal health program
- Gives members a voice to educate others about having memory loss

Join us at one or all five locations throughout Rhode Island

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Warwick Library</td>
<td>Tuesday</td>
<td>10:00am - 12:00pm</td>
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<tr>
<td>Warwick, RI</td>
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<tr>
<td>Saint Francis de Sales</td>
<td>Thursday</td>
<td>10:00am-12:00pm</td>
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<tr>
<td>North Kingstown, RI</td>
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<tr>
<td>East Side/ Mt YMCA</td>
<td>Wednesday</td>
<td>11:00am-1:00pm</td>
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<tr>
<td>Providence, RI</td>
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<tr>
<td>Woonsocket Library</td>
<td>Wednesday</td>
<td>9:30am-11:30am</td>
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<tr>
<td>Woonsocket, RI</td>
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<tr>
<td>Saint Lucy’s Church</td>
<td>Tuesday</td>
<td>9:30am-11:30am</td>
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<tr>
<td>Middletown, RI</td>
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Please call for address and directions to program sites.

**For More Information**

Please contact the RI Chapter for more information on this program and to schedule a time to meet with the Program Manager to determine eligibility. Ask for Annie Murphy.

**EARLIER INTERVENTION MEANS BETTER QUALITY OF LIFE**

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