

SATURDAY, FEB. 10
1-2:30 p.m.

The Alzheimer's Association of Greater Cincinnati and Future Life Now are partnering to provide a free, gentle movement program for persons with memory loss and their care partners.

Cynthia Allen, senior trainer in Movement Intelligence and Guild Certified Feldenkrais practitioner, will be guiding the group through a series of introductory movements. Through these unique movement patterns, the brain is triggered to rewire, generating new brain cells with every sequence. This is a class that all will be able to participate in.

Future Life Now is located 4138 Hamilton Ave., Cincinnati, 45223. Future Life Now is in a two-story sandstone building on the corner of Hamilton and Knowlton streets. While the address is 4138 Hamilton, the entrance and parking lot are on Knowlton street. Park behind the building and enter on the side door with the handicap ramp. Use the stairs or the elevator to come to the 2nd floor.

Maximum number of participants is 25

Your Brain on Movement



MOVEMENT REGISTRATION FORM

Care Partner: _____ Gender M F

Telephone: (_____) _____

Age: _____ Ethnicity: White Black Hispanic Native Amer. Asian Other _____

Contact Relationship to PWD Self Spouse Adult child/in-law Sibling Other: _____

Street Address: _____

City: _____ State: _____ Zip code: _____

County: _____ E-mail address: _____

PWD Name: _____ Gender M F

Age: _____ Ethnicity: White Black Hispanic Native Amer. Asian Other _____

STAFF ONLY

Registration received date _____ Initials _____ Waiting list Y N

DEADLINE FOR REGISTRATION IS MONDAY, FEB. 5. FOR DETAILS, CALL (800) 272-3900.

Mail to: Alzheimer's Association of Greater Cincinnati - 644 Linn St., Suite 1026, Cincinnati, OH 45203 or FAX to (513) 632-3880.