

Movement for Memory

12 Week Group Exercise Program

Sponsored in partnership by

OhioHealth and The Alzheimer's Association – Central Ohio Chapter offers a pilot 12 week group exercise class at John J. Gerlach Center for Senior Health

3800 Olentangy River Road | Columbus, Ohio 43214

This wellness class targets people with mild cognitive impairment (MCI) and early stage dementia. Current research supports that regular exercise may positively impact memory and cognitive skills, and may fight the aging process by maintaining and improving strength, coordination, balance and functional movement. Care partners are welcome and encouraged to participate.

Movement for Memory is an exercise program developed from evidence-based studies showing exercise may benefit people with dementia. This pilot program was developed by Jackie Russell, RN BSN CNOR – Co-founder of OhioHealth Delay the Disease™ (wellness program for people with Parkinson's disease) with collaborative support from the Alzheimer's Association, Central Ohio Chapter. The class meets two days per week for one hour and will be led by a trained professional.

We are in the process of growing our program and would like to hear from you if you or a loved one is interested in joining.

CONTACT

Amy Weeks, LISW-S (cognitive neurology social worker) at (614) 566.4264 for questions or to put your name on the waitlist for our next class.