



WHAT IS HEARTBEATS?

HeartBeats is a socialization engagement program for people recently diagnosed with early stage Alzheimer's disease or another form of dementia and their care partner(s). This ballroom dance class encourages physical activity and social interaction. For more information about our Early Stage Education and Support, please contact the Southeastern Virginia Chapter at 1.800.272.3900.

RSVP **1.800.272.3900**

Participation is **FREE** but registration is required
alz.org/seva