

## early-stage social club



The Early-Stage Social Club is a recreational program that promotes cognitive, physical and social well-being for individuals in the early stages of Alzheimer's disease or another dementia. It promotes relaxation and helps reduce stress and anxiety. This is a unique opportunity for individuals in the early stages to create meaningful experiences focusing on the mind and body. Participants will enjoy a comfortable environment that fosters socialization and connection with others going through similar life experiences.

### **JOIN US FOR CHAIR YOGA FOLLOWED BY A COFFEE SOCIAL**

**Meets Wednesdays, 1-3 p.m. at our office:**

**Please note: pre-registration and pre-assessment are required.**

**For more information call our 24/7 Helpline at 800.272.3900**

**Alzheimer's Association - Greater Michigan Chapter**

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800.272.3900 | [alz.org/gmc](http://alz.org/gmc)