

Care Ministry Network Event:

Optimize: Your Brain and Body Health

Thursday, January 28, 2016

9:30—11:00 am

Hosted by:



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INTERFAITH
SENIOR PROGRAMS

Optimize: Your Brain and Body Health is a program of educational content, cognitive skill building, cognitive practice, social interaction, and physical exercise for persons with Mild Cognitive Impairment (MCI) or early-stage dementia, with a separate companion program for their care partners. Please feel free to invite anyone from your congregation who might be interested in attending.

Presentation by:

Beth Meyer-Arnold, R.N., M.S., Principal, Cygnet Innovations Group LLC; co-author of

"Person-Centered Care in Practice for Families:

Finding Balance After a

Diagnosis of Mild Cognitive Impairment or Dementia. "

This event will be held at:

First United Methodist Church

121 Wisconsin Avenue

Waukesha, WI 53186

Light refreshments will be served.

For more information and to R.S.V.P. contact Dawn Hinton at (262) 391-2232 or DawnH@InterfaithWaukesha.org. Please R.S.V.P. by January 21st.