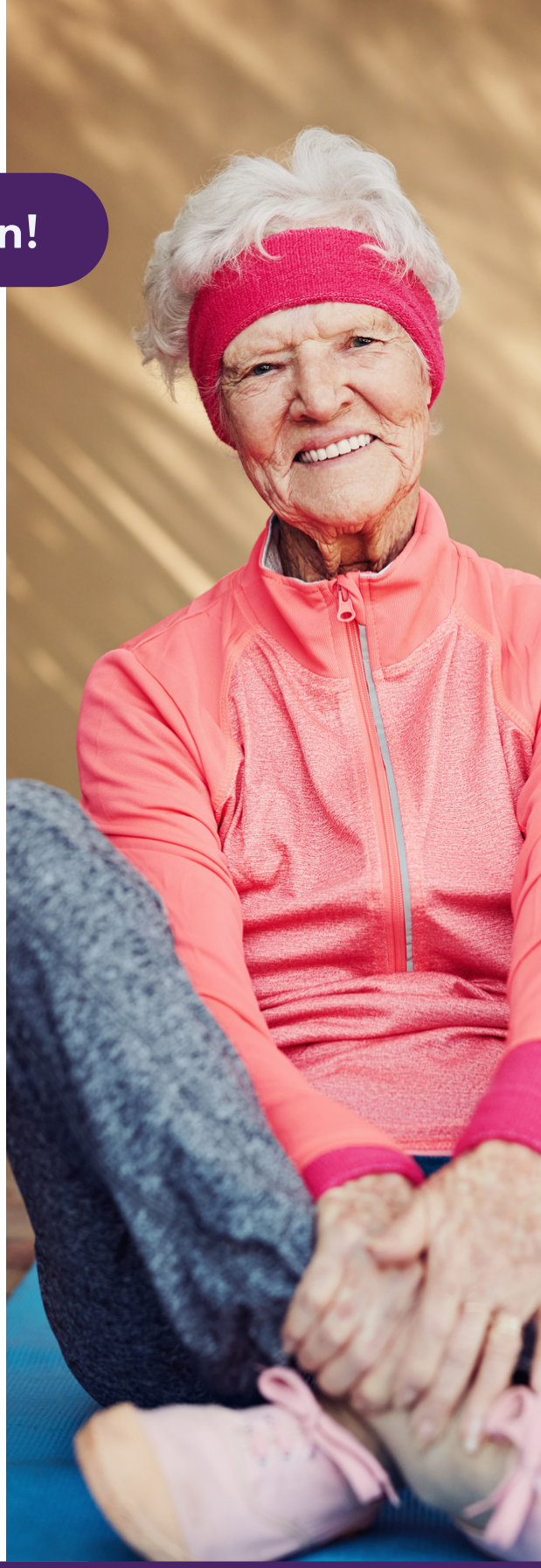
alzheimer's association®

Connect! Have Fun! Work Your Brain!

EARLY-STAGE SOCIAL ENGAGEMENT GROUPS

offer a fun, comfortable way for people living with dementia in the early stage and their care partners to stay active and connected. The Alzheimer's Association hosts virtual group meetings that draw on the interests of participants and promote social interaction and companionship.



The Friday Group

meets most Fridays at 11 a.m. to socialize and participate in activities that flex various cognitive and physical abilities. The emphasis is on engagement and fun through conversation and activities.

Get Fit, Stay Fit Group

meets Tuesday at 10:30 a.m. and Thursday at 2 p.m. These fun, interactive exercise and fitness classes are led virtually by Midwestern State University students from the department of Athletic Training and Exercise Physiology. Enjoy 30 minutes of physical movement that can be done at different levels of intensity or while seated. This is followed by time to socialize and enjoy time with new friends.

Additional early stage programming is available.

For more information or to register call 800-272-3900 or visit alz.org/crf today.