

# REVIVE & THRIVE

## A DEMENTIA-FRIENDLY HEALTH & WELLNESS PROGRAM

Join us for one-hour fitness and wellness sessions for individuals experiencing memory loss. Experience fun, engaging, restorative physical and mental activities in a welcoming small group environment, facilitated by staff to support body and mind fitness. Caregivers who are YMCA members are encouraged to enjoy the classes and equipment while the program participant is engaged in the Revive & Thrive program.

### NEW 8 WEEK SESSION

**January 24<sup>th</sup> – March 14<sup>th</sup>**

**Wednesdays 11-12PM**

Active Living Center & Board Meeting Room  
at the Andover/North Andover YMCA

**Member \$64/person • Non-member \$128/person**

Instructor: Emily Kearns, Ph.D , Coordinator of Memory Café  
Assisted by Merrimack College Exercise Science Graduate Students



For more information or to register please contact  
Susan McInnis at [smcinnis@mvyymca.org](mailto:smcinnis@mvyymca.org) or call the Active  
Living Center at 978-685-3541 x 113.

