

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

25200 Telegraph Rd., Suite 100

Southfield, MI 48033

800.272.3900 | alz.org/gmc