



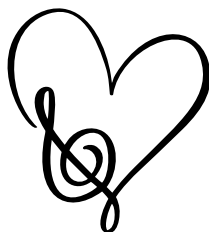
Multi-Sensory Dementia Friendly Fitness



- **Movement Music & Memories** is a one hour physical and cognitive enrichment program that combines movement with themed music, multi-sensory activities, singing, reminiscing, games & laughter. A unique program created to light a spark of connection to memories and sense of self through easy to follow fitness moves and the power of music!
- Intended for small groups and offered in a seated circle format ideally in a quiet setting to create a "community" feel to support socialization and to improve individual attention. Carefully chosen, safe movements focus on range of motion, hand/eye coordination, balance & increased circulation. All set to familiar songs that actively engage the participants musically through simultaneously moving to the rhythm while singing the words to familiar songs that are easily remembered...even in dementia!
- Strict attention to detail based on internationally recognized Best Practices in dementia care and support is a priority. Sessions are always presented with a Smile, Kindness & Respect for each individual's strengths & preferences. Learning and understanding the Life Story of the participants improves positive experiences for all and helps build a relationship between participant and leader.
- Fitness elements include basic Arthritis Foundation & Seniorcize exercises, QiGong inspired flow and basic "dance" steps. Leader wearing bright contrasting colors improves visual connection to the movements. All moves are driven by the song selection. The addition of singing while moving optimizes the benefits to the brain, mood and overall wellbeing, as well as the enjoyment.
- Use of props adds another layer of involvement and chance for increased participation. The use of small handheld drums, colorful shakers, scarfs, balls & sensory manipulatives are introduced for interactive activities and to coordinate with the changing rhythms and mood of the songs.
- All programs are tailored to the abilities of the group or individual participants and are easily adapted to meet the needs and level of the participants.
- Movement Music & Memories is adaptable for community groups, facilities & in home.

The GOAL?

To bring JOY while sharing the benefits of music and multi-sensory stimulation; to improve overall physical and cognitive fitness, to increase opportunities for success & connection to Sense of SELF
ALL WHILE HAVING FUN!!



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