



STAY STRONG SHARP & CONNECTED TOGETHER

BRAIN & BODY FITNESS CHIPPEWA FALLS YMCA

Join our Brain & Body Program, a unique experience designed specifically for people living with mild to moderate memory loss—and the care partners who support them. This program blends gentle physical activity, brain health exercises, and meaningful social connection to enhance quality of life for both participants.

Led by specially trained YMCA staff, the program is safe, supportive, and proven to boost mood, physical fitness, and overall well-being. Whether you're looking to stay active, lift your spirits, or build community, the Brain & Body program offers a fun and welcoming environment where you and your loved one can thrive—side by side.

To participate, individuals must be able to follow simple instructions, engage in conversation, and complete basic exercises. Come move with us, laugh with us, and take part in something truly uplifting.

WHEN: Tuesdays & Thursdays, September 9–October 2, 2025

TIME: 10:00–11:30 AM

WHERE: Chippewa Falls YMCA - Group Exercise Studio

FEE: No Cost

For more information or to register, contact April Peterson, at apeterson@ymca-cv.org or (715) 833-4843

YMCA-CV.ORG/WELLNESS

