

# The Johnny & Terry Gray Alzheimer's and Dementia Caregivers Support Program



## Exercise Group

It's time to take care of yourself and prioritize your health as you continue to care for others!

Jupiter Medical Center is offering a group exercise class, designed for those living with dementia and their caregivers.

Many people find that physical activity makes them feel more positive and more likely to keep doing the things they enjoy. Even short periods of light exercise are more beneficial than not exercising at all.

Research has shown the potential benefits of exercise for dementia patients include: improved mood, better sleep, healthier hearts, reduced risk of falls, and improved cognitive ability.

Classes are taught by one of our specially trained Exercise Physiologists using bodyweight exercises meant to improve balance, strength, and endurance. Equipment will be provided to the class participants. You will learn a structured exercise routine that can be easily replicated at home.

**Cost:** \$50 per punch card.  
Each punch card is good for seven classes

**Start Date:** Friday, November 1st.  
Weekly Classes, 10:30 - 11:15 a.m.

**Location:** Jupiter Medical Center,  
Raso Education Center,  
1226 S. Old Dixie Hwy., Jupiter

**Registration required. For information or registration, call 561-263-5775.** Space is limited to 26 participants. A minimum of 12 participants required per class.