



# MemoryCare Adult Exercise Program

Join us for MemoryCare's Adult Exercise Program, led by Dr. Tiffany Salido! Classes are free and open to the public and will be provided weekly through Zoom for online attendance (you may attend one or both days):



**Mondays or Thursdays**  
**9:30-10:30 am**  
**January 4 through March 25, 2021**

This class is intended for people with memory impairment to participate with their caregiver in fun and simple exercises. The exercises incorporate movements that can improve daily activities and general mobility. Group exercise will be approximately 40 minutes, followed by a time to answer questions. Exercises can be performed standing or seated.

*The ability to access Zoom through a computer, tablet or smartphone with a reliable internet connection is necessary to attend.*

**To register visit:** [www.memorycare.org/move-for-memory](http://www.memorycare.org/move-for-memory)

**For questions email:** [education@memorycare.org](mailto:education@memorycare.org)



**Dr. Tiffany Salido** is a physical therapist and board-certified Geriatric Clinical Specialist who is inspired by working with older adults. She saw a need in the community to provide fitness classes for people who aren't comfortable in a typical gym environment and who might need more adaptive and individualized instruction. MemoryCare is proud to partner with her!

**IMPORTANT, Please read:** By registering for this course you are agreeing to the following disclaimer for yourself, caregiver, and on behalf of those joining you, person with cognitive impairment:

Fitness classes, programs and events held by MemoryCare and led by Dr. Tiffany Salido require physical exertion and may expose participants to many inherent risks, including accidents, injury, illness, heart attack, or even death. In consideration of being allowed to participate in this event, I hereby expressly assume all risks for myself and the participant joining me, including bodily and personal injury, death, property loss or other damages of any kind arising in any way out of our attendance or participation in MemoryCare related activities.

**MemoryCare is a community based non-profit charitable organization providing care for individuals with dementia and support, education and counseling for their caregivers and families.**

*MemoryCare relies on charitable funds to offer this program in the community.*