



## Tone Up *Tuesdays*

Research shows that staying active is one of the most important strategies to keep our brains healthy and strong. Far beyond strengthening our muscles, exercise provides enormous cognitive, emotional and social benefits. It sharpens our memory and attention, elevates the “feel good” hormones in the brain, supports independence and boosts our sense of confidence.

Join us each Tuesday for exercises led by the campus occupational therapist. **Calli Carlson, OTR/L, CLT**, works with clients of all ability levels. She focuses on movements that help improve mood and well-being, increase strength to reduce risk of falls, and enhance self-confidence through activity mastery. Caregivers, family members and their persons living with dementia are all welcome to attend this fun and upbeat group.

**1–2 p.m. Tuesdays**

*starting July 16*

*excludes major holidays*

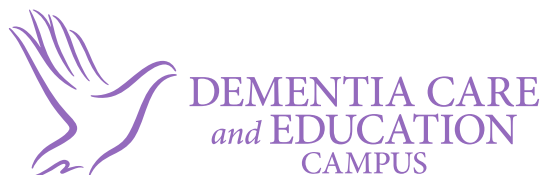
**Dementia Care and Education Campus**

Education Center

3811 N. 44th St., Phoenix, AZ 85018

Questions? email [events@dementiacampus.org](mailto:events@dementiacampus.org) or call (602) 767-8300

*Open to all those with dementia and their care partners.*



3811 N. 44th St. Phoenix, AZ 85018 (602) 767-8300 [dementiacampus.org](http://dementiacampus.org)

*An innovation of Hospice of the Valley*