

RESILIENCY IN MOTION

A Dementia Wellness Program



Mystic Valley
Aging Services



Mystic Valley Aging Services presents a six-week class focused on balance, strength, mobility, and confidence. Led by a certified trainer, Coach Julio Salado, and supported by dementia-trained staff.

**For family
caregivers and their
loved ones living
with dementia or
Alzheimer's**

Classes Thursdays at noon

11/5, 11/12, 11/19, 12/3, 12/10, and 12/17

To register, contact **Paula Buccilli** at
pbuccilli@mves.org or **781-388-2319**



**Malden
Council
on Aging**

7 Washington St.

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