



Dementia Prevention Classes

You can reduce your risk of dementia by up to 75% and it's estimated that 40% of all dementia in our community is preventable.

This 10-week program consists of two-hour weekly classes. These classes provide you with tools, support and resources to make the necessary behavior changes to reduce your risk of developing dementia. Participants will also receive individual sessions with a Registered Dietitian, Geriatric Pharmacist, YMCA Fitness Consultant, and a Health & Wellness Coach, as well as 10-week progressive virtual fitness training classes and a free three-month membership to the YMCA.

The following topics will be addressed:

- Eat Well
- Get Moving
- Sleep Enough
- Avoid Bad Meds
- Address Chronic Conditions
- Stay Sharp
- Be Social
- Keep Hydrated
- Stress Resilience
- Hear Well

TUESDAY

Virtual (Zoom)
2:00—4:00pm
1/11 to 3/15, 2022

SUNDAY

Wellmark YMCA
12:00—2:00pm
1/23 to 3/27, 2022

THURSDAY

Walnut Creek YMCA
10:00am—12:00pm
1/27 to 3/31, 2022

Other classes will

be added if needed.

To Register:

Call the Wellmark YMCA (Des Moines, IA) at 515-282-9622. *Depending upon Covid activity in January, there may be recommendations regarding vaccines, masks or changing all classes to virtual.*

Questions:

Contact Dr. Patricia Quinlisk at m-quinlisk@uiowa.edu or email susan.skinner@dmymca.org

