



***Want to lower  
your risk of  
Dementia and  
Alzheimer's disease?***

**Looking for participants for a pilot program to determine how to assist and support adults interested in decreasing their risk for dementia:**

- Must be 60 years of age or older
- Willing to spend at least one hour a week at class, and another hour per week logging behaviors and providing feedback (critical to pilot program)
- In relatively good health with no serious medical problems or dementia
- Must be a Y member or willing to become one

***Friends, spouses, partners welcome to join together!***

**Program:**

- Weekly class (1 to 1 ½ hour class) for 10 weeks at the John R. Grubb YMCA  
1611 11<sup>th</sup> Street, Des Moines, Iowa
- Thursday mornings at 10:00am
- Starting March 28<sup>th</sup>, 2019
- **Total cost per participant - \$40**

**Program will provide:**

- Assessment of your current risk reduction
- Education to further reduce your risk of dementia and Alzheimer's
- YMCA Wellness Coach to support you on your wellness journey
- Fitness and individual nutrition assessments with personal recommendations
- Medication assessment by licensed pharmacist (if needed)
- Incentives to reducing risk (including log books, rewards, etc.)

**TO REGISTER:**

**Contact**

**Community Health Partners  
515-575-9220**

**For more information on the  
program contact:**

**[Patricia.Quinlisk@outlook.com](mailto:Patricia.Quinlisk@outlook.com)**

