Free

Dementia Friendly Yoga

Facilitator: Jayne Hembruff, Trauma Informed Therapeutic Yoga Instructor. Since 2006, Jayne has been specializes working with seniors living with various mental and/or physical health challenges.

This unique program is custom designed to ensure success for everyone.

Each participant living with dementia. will have their own "Yoga Buddy".

When registering, please let us know if the participant will bring their own"yoga buddy", caregiver, support worker or if they would like one of our "Yoga Buddy" volunteers.

Date:

Monday, 11am -noon Yoga

12-12:30 Social with tea and coffee

Location:

Waterloo Wayside Emmanuel United Church's Hearth room

22 Bridgeport Rd W, Waterloo

Register:

519-886-1471

E-mail: Jayne@innovativewellness.ca

Innovative Wellness

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Ontario

Ministry of Seniors and Accessibility