



Autumn is here with a windy wet bluster and our thoughts turn to a fall schedule. Hopefully, your schedule includes meaningful connections and community. Perhaps you or someone you know would benefit from joining a group like MiniWise. We are a small group that meets on Monday mornings at 11 am for an hour of conversation, laughter, support, movement and community.

Elderwise MiniWise is Unique:

Person living with dementia attends **with** their care partner- spouse, child, friend, or caregiver

Find support with others who share a similar situation

- Learn the Elderwise Way through modeling
- Recapture the joy of the relationship
- Share in deep and/or joyful conversations
- Live in the moment
- Stretch and breathe together

The first visit is free to see if this group is for you.
Nancy Lang (nancy@elderwise.org) can answer your questions.