



University of California
San Francisco

“It not only helps with the physical part, but it helps the way I think.”

Joe, Participant with memory loss

To qualify:

- You must be diagnosed with mild cognitive impairment or mild dementia
- Participate as a pair, which includes a person with memory loss and a care partner
- Have access to a computer, laptop or iPad with internet access

Although you will not be paid, you will be helping to create an engaging online community for people living with memory loss and their families

Helping people with mild dementia to maintain independence

RESEARCH STUDY

Moving Together™
online classes meet twice weekly for 12 weeks.

The program combines gentle physical movements, mindfulness practices and opportunities to make new friends



For more information
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/current-research-study-rp](http://www.togetherseniorhealth.com/current-research-study-rp)

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