

WEDNESDAY MEMORY CAFE

Wednesday, August 11, 2021
Starts at 10 AM



Join us for a therapeutic movement experience that will focus on breath and relaxation. We will engage in gentle, seated movements to help expand and deepen breathing while enjoying calming music. This activity will also include a guided meditation to help let go of stress. No previous experience with this activity is necessary!

This event is free.

WHAT?

The Café is a social gathering for people living with dementia and other forms of cognitive impairment and their care partners. Meetings take place the second Wednesday of the month.

WHERE?

Remotely via Zoom or dial in by phone. Zoom link provided after registration.

INSTRUCTOR?

Jennifer Bacani, LCPC, R-DMT is a therapist at Chicago Dance Therapy. She facilitates dance/movement therapy, talk therapy, support groups and other therapeutic activities for individuals with dementia and their caregivers.

REGISTRATION REQUIRED:

**Contact Catherine at 708.274.0052
or e-mail cstowers@pathlights.org**



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