



Facilitated by:



Shannon Wallace is a certified dementia practitioner (CDP) through the National Council of Certified Dementia Practitioners (NCCDP) and is dementia care certified (CDC) through Dementia Care Education. Her career spans more than 25 years in international music, marketing, television, and public policy/advocacy. For the past seven years, she has specialized in in-person, interactive music, movement, and memory group workshops for those of all ages living with dementia/cognitive impairment and their care partners, as well as personal and customized 1:1 workshops.

Barrow Alzheimer's and Memory Disorders Program

Music, Movement, and Memory Cognitive Movement Activity

Open to people with diagnosed Alzheimer's or related dementia and their care partners. **Prior registration is required, as well as a signed waiver, and care partners must accompany participants with a dementia diagnosis.** Attendees will have the opportunity to engage in movement exercises; memory, problem-solving, and hand-eye coordination games; humorous interactions; and reflective conversations—all set to music and rhythm!

**Second and Fourth Tuesday
of Every Month**

10:30 a.m. - 11:15 a.m. (Arizona Time)

excluding holidays

Hosted virtually via Zoom

This Program is Free of Charge

To register and receive a waiver, please contact DeDe Berry at
(602) 406-5916 or Dorothy.Berry@DignityHealth.org.