

TRAVELOGUE SESSION

Mondays in June!

Join us for a new session of the Mind and Body Workshop, from June 3rd through June 24th! The workshop is a multi-session program series for both the caregiver and the recently diagnosed individual to participate, promoting social engagement and peer support, while adjusting to life with a new diagnosis.

Come and learn more as we “travel” together! The workshop utilizes different topics to promote cognitive enhancement, creative expression, movement, community engagement, and overall well-being while living with memory loss. Each session is detailed below:

JUNE 3 *Cognitive Engagement*

Group Activity: National Parks discussion
Breakout Sessions: Iconic Park Landmarks (*Participants*)
Understanding dementia-related changes (*Caregivers*)

JUNE 10 *Creative Expression*

Group Activity: Nature Inspired Art
Breakout Sessions: Music through the Seasons (*Participants*)
Communication Techniques (*Caregivers*)

JUNE 17 *Movement*

Group Activity: Balance & Walking Workshop
Breakout Sessions: Foreign Foods, Diets and Health (*Participants*)
Tips for Travel (*Caregivers*)

JUNE 24 *Reflection*

Group Activity: Remembering my Favorite Trip
Breakout Sessions: Crafting a Dream Vacation (*Participants*)
Where to Find Support (*Caregivers*)

PROGRAM DETAILS

GROUP ACTIVITIES

4:15 pm - 5:00 pm

Both participate in activities together, based on program session focus and topic.

BREAKOUT SESSIONS

5:00 pm - 5:45 pm

Caregivers join in a support group with an education component, and participants continue peer support activities.

DINNER AND SOCIALIZATION

5:45 pm - 6:30 pm

Families socialize over dinner, to further promote social engagement and peer support.

LOCATION

Insight Memory Care Center
Linda and Lou Mazawey Education and Support Center
3955 Pender Drive, Suite 100
Fairfax, VA 22030

REGISTRATION

Registration is required; there is a short application and assessment process for the program to ensure a good fit for both the caregiver and early stage participant. Please contact Lindsey Vajpeyi at lindsey.vajpeyi@insightmcc.org or 703-204-4664.

COST

Cost for each workshop series of 4 sessions is \$200 per couple.