

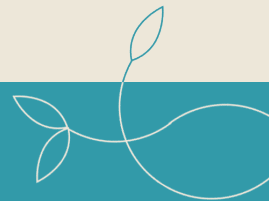
LiveWell



Semester to
THRIVE

June 2 to August 29
2025

Welcome



Welcome to a Summer to Thrive!

Participating in a LiveWell Semester to Thrive is about more than gaining and maintaining strengths, knowledge, and skills. It is about investing in your health and wellbeing, your future, and your community.

We encourage you to take this opportunity to explore something new, re-engage with something you love, continue your personal growth, support connections with others, and foster purpose.

Whether you are building on your existing strengths or discovering new passions, we are here to guide and encourage you every step of the way. Thank you for being a part of this vibrant community. We look forward to seeing the growth and positive change that will unfold throughout this semester! We offer two semesters each year with special programming in between to keep you engaged your way. This summer we will offer three different sessions. You can sign up for one session or all three!

- **Session 1 will be held June 2nd through June 27th**
- **Session 2 will be held July 7th through August 1st**
- **Session 3 will be held August 4th through August 29th**

Providing Prevention and Wellness Opportunities.

LiveWell's Resilient Living Center is designed to empower people concerned about their cognitive health and those experiencing life with dementia to be actively engaged in prevention and wellness opportunities. This building, and the resources in it, are the first of its kind in this country.

From classes and programs to a variety of special events that change each month, there is always something happening at the Resilient Living Center that will encourage your curiosity, stimulate your brain, and invite you to make new connections.



Membership



Membership to the Resilient Living Center offers seamless and integrated access to all health and wellbeing offerings. Designed to promote the ability for people to pursue their brain health goals together, a LiveWell Plus Membership includes benefits for two people, for \$50/per month, including preferred access to state of the art hydromassage therapy beds, fitness equipment, open art and fitness studio times, discounts on classes, coaching, programs and special events, and much more! Explore membership and sign up for a free trial at livewell.org/membership.

Summer Special Events

This summer, we are offering our Resilient Living Special Events Monday through Friday from 3:00p to 4:00p. Each day will highlight a different theme, and events are free to members. (These events are also a part of the afternoon half day/full day All Access Pass options).

Mondays: Movies & Films in the Performance Studio

Join us for one-hour program that brings you standout scenes from movies and TV shows—both classic and contemporary and discussion. Sessions feature a curated mix of clips that spark conversation, highlight powerful storytelling, and showcase memorable moments from the screen.

Tuesdays: Sizzle & Sample in The Test Kitchen

This interactive cooking demonstration offers a front-row seat to delicious creations in the making. As flavors come to life, you'll have the chance to taste fresh samples, ask questions, and mingle with fellow food lovers. It's a flavorful blend of learning and community—no apron required!

Wednesdays: Café Melodies in The Gathering Place café

Sit back, relax, and enjoy the sounds of Café Melodies, a cozy community gathering where local artists take the stage with live performances. From acoustic sets to soulful vocals, each session features a rotating lineup of talented musicians creating an opportunity for conversation and connection.

Thursdays: Speaker Series in the Performance Studio

A dynamic speaker series that brings engaging presentations on a wide range of topics—from arts and culture to science, history, wellness, and beyond. Featuring local experts, storytellers, and thought leaders, this series offers meaningful lifelong learning opportunities in a welcoming community setting.

Fridays: Social Hour in The Test Kitchen

Join us for this laid-back community event where ice cream and popsicles take center stage! Enjoy cool treats, casual conversation, and the chance to connect with neighbors in a fun, friendly setting. Whether you're catching up with friends or meeting someone new, it's the perfect way to savor summer vibes and build community—one bite at a time.

Registration Experiences



All-Access Passes

The All-Access Pass program is designed for people experiencing mild to moderate cognitive change to encourage health and wellbeing through continued learning and personal growth at the Resilient Living Center.

Choose a Full or Half-Day experience on Monday through Friday, Monday/Wednesday/Fridays, Tuesday/Thursdays or Wednesdays (NEW- Full Day only).

À la Carte Classes

Choose just one class or design a whole schedule for yourself that suits your interests and your lifestyle!

Residential

Designed for people who call LiveWell's campus home. Every LiveWell resident has a complimentary membership to the Resilient Living Center. Build a schedule that keeps you engaged, your way!

Thriving with Parkinson's

Designed for people living with Parkinson's disease and other dementias. The courses in this series are designed for people living with Parkinson's disease to encourage a proactive approach to overall health and wellbeing. This series is fully funded by the **Harte of the Zwick Charity Pro-Am**.

Virtual

Engage with offerings from wherever you are. Participate in courses by connecting through Zoom with the device of your choice. Complimentary technical support is offered to help get you set up to succeed, if needed.

Customize your schedule with a mix of experiences that fit your interests and goals. Your Resource Coordinator, Peggy, can help you do this!

Have a question? Ready to register?

Your Resource Coordinator is here to help!

Peggy Johns
pjohns@livewell.org
P: 860.628.3004



All-Access Passes



The All-Access Pass program is designed for people experiencing mild to moderate cognitive change. Participants spend a whole or half-day at the Resilient Living Center engaging in experiences and activities that encourage continued learning and personal growth while fostering social connections and building resilience against cognitive decline.

All-Access Passes are now available for experiences throughout the week!

- ✓ Monday through Friday
- ✓ Monday, Wednesday, & Fridays
- ✓ Tuesdays & Thursdays
- ✓ Wednesdays (NEW-Full Day Only)

Choose from a variety of classes to build a schedule that suits your interests and your lifestyle!

Be proactive. Build resiliency. Thrive.

***Please note there are a limited number of All-Access Passes available each semester. Register today to secure your spot in the program!**

Morning Half-Day Passes include:

- Engagement from 9:00a to noon
- Support navigating between classes
- Option to add lunch for \$10 per day
- Three classes per day
- Monthly payment plans

Members - \$50/day



Full-Day All-Access Passes include:

- Engagement from 9:00a to 4:00p
- Support navigating between classes
- Lunch at The Gathering Place
- Six classes per day
- Flexible payment plans

Members - \$110/day

Afternoon Half-Day Passes include:

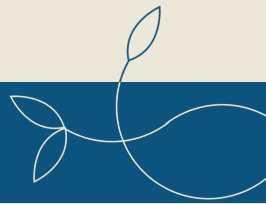
- Engagement from 1:00p to 4:00p
- Support navigating between classes
- Option to add lunch for \$10 per day
- Three classes per day
- Monthly payment plans

Members - \$50/day

Design your schedule by choosing from more than 30 dynamic offerings such as:

- ✓ Cognitive Stimulation Therapy
- ✓ Art Appreciation
- ✓ Gardening: Nature's Canvas
- ✓ Mixed Media Art
- ✓ Discussion: It's Science
- ✓ Eating & Cooking for Brain Health
- ✓ Standing Functional Fitness
- ✓ Drum Circle
- ✓ Seated Fitness

IN-PERSON | MON, WED, FRI



SESSION 1 | MONDAY/WEDNESDAY/FRIDAY | June 2nd through June 27th

9:00a to 9:50a

In the News: Coffee & Conversation

This program is designed exclusively for individuals experiencing mild to moderate cognitive change. We focus on starting the day in a fun and social way. Join us each morning in the Gathering Place to check in on relevant local and national topics of the day while enjoying your favorite breakfast drink in a café environment.

10:00a to 10:50a

Seated Exercise

Participate in this group fitness class to explore all the innovative ways to strengthen large and small muscle groups, with pushing, pulling, and stretching movements while seated. Work alongside a certified fitness trainer to build confidence through movements adapted to your strengths. Increase your core strength, improve posture, and promote increased flexibility to make common activities more accessible.

Cognitive Stimulation Therapy – Early Stage

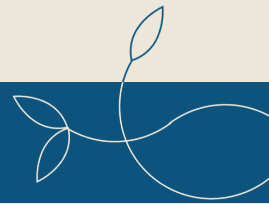
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Free Flow Painting

Unleash your creativity in our Free Painting Workshop! This program is designed for beginners wanting to experiment, hobbyists looking for inspiration, and for experienced artists seeking a fresh creative outlet. Participants should be prepared to paint independently with intermittent hands-on assistance as needed.

Eating & Cooking for Brain Health

Join us in exploring the physical and mental benefits of a brain healthy diet. This class covers a wide range of cultures and cuisines from across the world, including 'Blue Zone' communities. This class may include education, demonstration, hands-on cooking, and tasting.



11:00a to 11:50a

Standing Functional Fitness

This class requires the ability to stand unassisted. In this class we will progress to perform big movements we encounter every day, including such movements as pushing, pulling, squatting, reaching, swinging, stepping, chopping, and hinging. We will use materials such as dumbbells, foam noodles, and exercise bands. This class will challenge our neuromuscular strength, balance, coordination, and body awareness.

Cognitive Stimulation Therapy: World Travels

This course is for individuals with early cognitive changes to moderate dementia. The evidence-based Cognitive Stimulation Therapy (CST) curriculum aims to improve cognitive function, language, and quality of life. Each session offers engaging activities based on the topic of world travels promoting social connection in a fun, relaxed setting. Sessions are led by LiveWell's trained dementia specialists.

Mixed Media Art- Layers of Me

Join us for a heart centered mixed media art class where creativity meets connection. In this workshop, we'll explore a variety of materials and mediums to create personal works of art that reflect LiveWell's values of "knowing me, belonging, and growing." Participants should be prepared to follow simple guided instructions with intermittent hands-on assistance as needed.

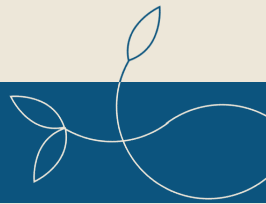
Gardening: Nature's Canvas

Unleash your creativity and deepen your connection to nature in this comprehensive program designed for garden enthusiasts of all levels. In this immersive experience, participants will engage in hands-on gardening projects, learning the essentials of plant care, propagation techniques, nature-based crafts, and the art of flower arranging.

12:00p to 12:50p

Lunch at The Gathering Place

With nutritious options at a reasonable price you will find great options to fuel your day! The menu includes items like soups, sandwiches, grain bowls, and specials that change frequently. The cost of lunch is included in the Full-Day All-Access Passes and is available to add-on to Half-Day Passes for \$10/day.



1:00p to 1:50p

Discussion: Voices & Views

Voices & Views is a conversation-based program that invites participants to share their thoughts, experiences, and perspectives on a wide range of topics—from current events and everyday issues to personal memories and reflections. In this open and respectful space, every voice matters, and every view adds to the richness of the discussion. Come to listen, learn, and be heard. This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass.

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Mind Matters in Science

We will discuss topics in science to engage and exercise our brains while exploring the way we interact with our world. Learning how nature works can offer several brain benefits, including enhancing memory, strengthening neural connections, and also promotes critical thinking, curiosity, and knowledge retention.

2:00p to 2:50p

Fitness: Resistance Training for Core Strength

In this class we will perform strength training exercises focused on our core. We will utilize different forms of resistance such as dumbbells and our own body weight to prepare us for the pushing, pulling, and squatting movements we need our core to be strong for every day.

Trail Walk

Lace up your shoes and join this a social walking group that explores the scenic paths around LiveWell's campus and nearby trails. It's a great way to stay active, enjoy nature, and connect with others at a comfortable pace. In case of bad weather, we'll keep the fun going indoors with light yard games and good company.

Tai Chi & Meditative Movement

This class is a fun and social way to connect with others and is perfect as a couple's experience together. The gentle flowing sequence of movements will encourage improvements in cognition and balance to reduce the risk of falling. Drawing inspiration from the practice of Tai Chi, participants will enjoy benefits for the body and mind. Join this small group experience designed specifically to meet the movement challenges encountered in aging with cognitive change.



SESSION 1 | TUESDAY/THURSDAY | June 2nd through June 27th

9:00a to 9:50a

In the News: Coffee & Conversation

This program is designed exclusively for individuals experiencing mild to moderate cognitive change. We focus on starting the day in a fun and social way. Join us each morning in the Gathering Place to check in on relevant local and national topics of the day while enjoying your favorite breakfast drink in a café environment.

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Seated Exercise

Participate in this group fitness class to explore all the innovative ways to strengthen large and small muscle groups, with pushing, pulling, and stretching movements while seated. Work alongside a certified fitness trainer to build confidence through movements adapted to your strengths. Increase your core strength, improve posture, and promote increased flexibility to make common activities more accessible.

Cognitive Stimulation Therapy – Early Stage

Designed for individuals with early cognitive change, this evidence-based Cognitive Stimulation Therapy (CST) curriculum aims to improve cognitive function, language, and quality of life. Sessions are led by LiveWell's trained dementia specialists and promote social connection through engaging activities based on group interests, in a fun, relaxed setting.

Art Appreciation

Enjoy a guided journey through art history by exploring themed collections and the works of famous artists. Each session highlights a different theme or artist, inviting participants to reflect, discuss and connect with iconic pieces and hidden gems- no prior art knowledge needed.

Eating & Cooking for Brain Health

Join us in exploring the physical and cognitive benefits of a culturally diverse brain healthy diet. This class covers a wide range of cultures and cuisines from across the world, including 'Blue Zone' communities. This class may include education, demonstration, hands-on cooking, and tasting.



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Standing Functional Fitness

This class requires the ability to stand unassisted. In this class we will progress to perform big movements we encounter every day, including such movements as pushing, pulling, squatting, reaching, swinging, stepping, chopping, and hinging. We will use materials such as dumbbells, foam noodles, and exercise bands. This class will challenge our neuromuscular strength, balance, coordination, and body awareness.

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Candle Making

Light up your creativity as we explore the art of blending fragrance, color and form as you craft your own unique candles using both candle jars and stunning candle molds. Participants should be prepared to follow step-by-step instructions with intermittent hands-on help as needed.

Gardening: Nature's Canvas

Unleash your creativity and deepen your connection to nature in this comprehensive program designed for garden enthusiasts of all levels. In this immersive experience, participants will engage in hands-on gardening projects, learning the essentials of plant care, propagation techniques, nature-based crafts, and the art of flower arranging.

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Full-Day All-Access Passes and is available to add-on to Half-Day Passes for \$10/day.



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Discussion: Group Story Writing

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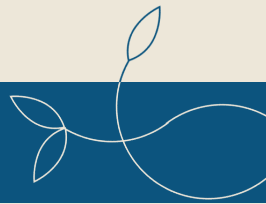
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SESSION 2 | MONDAY/WEDNESDAY/FRIDAY | July 7th through August 1st

9:00a to 9:50a

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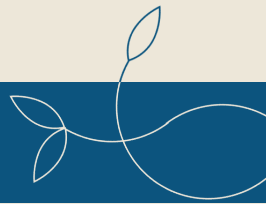
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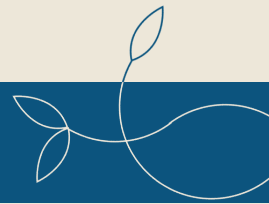
Drum Circle

Learn to listen and respond in real time by making improvised music in our group! Explore our variety of drums and percussion instruments in a failure-free environment where all musical contributions are valued. Hone your inner musician and have fun while making new friends and supporting your brain health. No musical experience needed!

12:00p to 12:50p

Lunch at The Gathering Place

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2:00p to 2:50p

Fitness: Movement to Music

This class is performed entirely seated. In this class we move, wiggle, twist, turn, and sway to the beat of some of our favorite songs. It is a lot of fun and it challenges our strength, endurance, coordination, and body awareness.

Music Appreciation

“When words fail, music speaks.” Gain inspiration from musical artists past and present and a deeper understanding of what made them tick! Every class is an exploration, reminiscence, and celebration of the musical artists and movements that shaped our world and shaped us as people. Enjoy forgotten favorites and new musical discoveries with the guidance of a board-certified music therapist.

Rhythm & Hues

Let the rhythm guide your brush in this immersive painting experience where music and paint meet. Explore how sound can inspire color, shape, movement, and emotion to canvas. Each session will feature a curated playlist to help you tap into your creativity and intuition. Participants should be prepared to paint independently or collaboratively with intermittent hands-on assistance available.



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Ceramics: Hand Building with Clay

Get your hands in the clay and let your creativity take shape in this beginner-friendly hand building ceramics class. Explore simple yet satisfying clay projects from pinch pots to charming trinkets to playful sculptural forms. No prior experience needed, just a willingness to get a little messy and enjoy the process. Participants should be prepared to follow simple guided instructions with intermittent hands-on assistance available by the instructor.

Drum Circle

Learn to listen and respond in real time by making improvised music in our group! Explore our variety of drums and percussion instruments in a failure-free environment where all musical contributions are valued. Hone your inner musician and have fun while making new friends and supporting your brain health. No musical experience needed!

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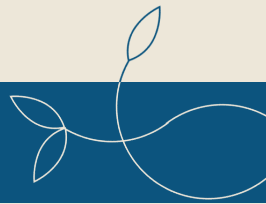
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Sound Bath

Immerse yourself in deep relaxation during Sound Bath, a soothing experience that uses harmonic tones from instruments like crystal bowls, chimes, and gongs to calm the mind and body. As the sounds wash over you, tension melts away and a sense of peace takes its place. No movement required—just get comfortable, listen, and let the healing vibrations do the rest.



SESSION 3 | MONDAY/WEDNESDAY/FRIDAY | August 4th through August 29th

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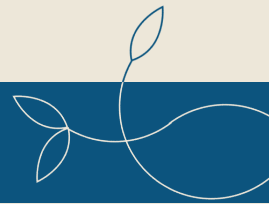
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Mixed Media Art- Layers of Me

Join us for a heart centered mixed media art class where creativity meets connection. In this workshop, we'll explore a variety of materials and mediums to create personal works of art that reflect LiveWell's values of "knowing me, belonging, and growing." Participants should be prepared to follow simple guided instructions with intermittent hands-on assistance as needed.

Discussion: Sharing the Power of Joy

In this engaging, discussion-based class, participants come together to explore sources of joy and share them with others in the group. By diving into both individual experiences and joys expressed by others, we gain fresh insights into ourselves and each other, fostering a deeper sense of connection and happiness.

12:00p to 12:50p

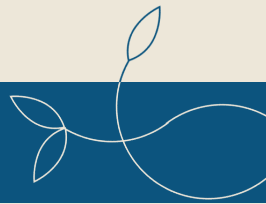
Lunch at The Gathering Place

With nutritious options at a reasonable price you will find great options to fuel your day! The menu includes items like soups, sandwiches, grain bowls, and specials that change frequently. The cost of lunch is included in the Full-Day All-Access Passes and is available to add-on to Half-Day Passes for \$10/day.

1:00p to 1:50p

Discussion: Voices & Views

Voices & Views is a conversation-based program that invites participants to share their thoughts, experiences, and perspectives on a wide range of topics—from current events and everyday issues to personal memories and reflections. In this open and respectful space, every voice matters, and every view adds to the richness of the discussion. Come to listen, learn, and be heard.



Mind Matters in Science

We will discuss topics in science to engage and exercise our brains while exploring the way we interact with our world. Learning how nature works can offer several brain benefits, including enhancing memory, strengthening neural connections, and also promotes critical thinking, curiosity, and knowledge retention.

2:00p to 2:50p

Fitness: Rhythm and Movement

This class can be performed seated or standing. We will mix exercise and music, a fun challenge of our coordination and body awareness. Each class will incorporate some drumming and moving pool noodles all to the beat of some of our favorite songs.

Thriving in the Moment: Improv

This program is designed to improve brain health through creativity and connection. Engage in physical and verbal exercises inspired by improvisational theater games and activities. Humor is encouraged!

Crafting: Handmade with Love

Unleash your creativity in a fun and social environment. This class offers a variety of tasteful crafting experiences that will take your skills to the next level, creating small home decor, jewelry and more! Gift your creations and keepsakes to a loved one or bring it home to cherish. The instructor will provide step by step instructions for participants to follow.



SESSION 3 | TUESDAY/THURSDAY | August 4th through August 29th

9:00a to 9:50a

In the News: Coffee & Conversation

This program is designed exclusively for individuals experiencing mild to moderate cognitive change. We focus on starting the day in a fun and social way. Join us each morning in the Gathering Place to check in on relevant local and national topics of the day while enjoying your favorite breakfast drink in a café environment.

10:00a to 10:50a

Seated Exercise

Participate in this group fitness class to explore all the innovative ways to strengthen large and small muscle groups, with pushing, pulling, and stretching movements while seated. Work alongside a certified fitness trainer to build confidence through movements adapted to your strengths. Increase your core strength, improve posture, and promote increased flexibility to make common activities more accessible.

Cognitive Stimulation Therapy – Early Stage

Designed for individuals with early cognitive change, this evidence-based Cognitive Stimulation Therapy (CST) curriculum aims to improve cognitive function, language, and quality of life. Sessions are led by LiveWell's trained dementia specialists and promote social connection through engaging activities based on group interests, in a fun, relaxed setting.

Art Appreciation

Enjoy a guided journey through art history by exploring themed collections and the works of famous artists. Each session highlights a different theme or artist, inviting participants to reflect, discuss and connect with iconic pieces and hidden gems- no prior art knowledge needed.

Eating & Cooking for Brain Health

Join us in exploring the physical and cognitive benefits of a culturally diverse brain healthy diet. This class covers a wide range of cultures and cuisines from across the world, including 'Blue Zone' communities. This class may include education, demonstration, hands-on cooking, and tasting.



11:00a to 11:50a

Standing Functional Fitness

This class requires the ability to stand unassisted. In this class we will progress to perform big movements we encounter every day, including such movements as pushing, pulling, squatting, reaching, swinging, stepping, chopping, and hinging. We will use materials such as dumbbells, foam noodles, and exercise bands. This class will challenge our neuromuscular strength, balance, coordination, and body awareness.

Cognitive Stimulation Therapy: World Travels

This course is for individuals with early cognitive changes to moderate dementia. The evidence-based Cognitive Stimulation Therapy (CST) curriculum aims to improve cognitive function, language, and quality of life. Each session offers engaging activities based on the topic of world travels promoting social connection in a fun, relaxed setting. Sessions are led by LiveWell's trained dementia specialists.

Ceramics: Hand Building with Clay

Get your hands in the clay and let your creativity take shape in this beginner-friendly hand building ceramics class. Explore simple yet satisfying clay projects from pinch pots to charming trinkets to playful sculptural forms. No prior experience needed, just a willingness to get a little messy and enjoy the process. Participants should be prepared to follow simple guided instructions with intermittent hands-on assistance available by the instructor.

Discussion: Sharing the Power of Joy

In this engaging, discussion-based class, participants come together to explore sources of joy and share them with others in the group. By diving into both individual experiences and joys expressed by others, we gain fresh insights into ourselves and each other, fostering a deeper sense of connection and happiness.

12:00p to 12:50p

Lunch at The Gathering Place

With nutritious options at a reasonable price you will find great options to fuel your day! The menu includes items like soups, sandwiches, grain bowls, and specials that change frequently. The cost of lunch is included in the Full-Day All-Access Passes and is available to add-on to Half-Day Passes for \$10/day.



1:00p to 1:50p

Discussion: Yesterday's News Is History

If you enjoy discussing news or history, this is for you. This group provides a platform for individuals to deepen their understanding of history, share knowledge, and engage in thought-provoking conversations. We will explore historic events and their impact and implications on current events. For the history buff or simply someone interested in learning more, the group fosters an inclusive environment where everyone's contributions are valued.

Discussion: Group Story Writing

Unleash your imagination in this creative group activity where participants view a compelling image and work together to build a shared story. Whether whimsical, dramatic, or thought-provoking, each tale is shaped by the unique ideas and voices in the room. No writing experience needed—just curiosity and creativity!

2:00p to 2:50p

Fitness: Rhythm & Movement

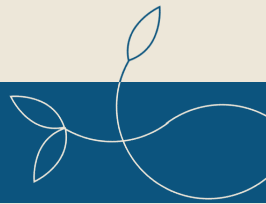
This class can be performed seated or standing. We will mix exercise and music, a fun challenge of our coordination and body awareness. Each class will incorporate some drumming and moving pool noodles all to the beat of some of our favorite songs.

Film Appreciation

Lights, Camera, Action! Grab your popcorn while you immerse yourself in the art, history, and language of film. Through the viewing and analysis of significant works from various genres, time periods, and cultures. This class also explores the social, cultural, and historical contexts that shape films and their impact on audiences.

Art Meets Poetry

Step into a playful world of poetry and art, where your imagination takes the lead! With gentle guidance and a dash of creative magic, you'll craft and connect in a cozy, social space. We'll read poetry, explore inspiring artworks and blend it all into our own unique creations. No experience needed- just bring your wonder and whimsy.



SESSION 1/SESSION 2/SESSION 3

9:00a to 9:50a

Virtual Fitness for Everyday

In this program you will learn practical ways to include movement and exercise in your everyday life, getting significant health benefits without spending hours in the gym. Using daily life situations; rising from a chair, reaching for the kitchen cupboard, or getting into the car, strengthen muscles and create movement patterns that will help you in everyday activities while also strengthening connections with a group who are all also working to remain independent.

11:00a to 11:50a

Virtual Cognitive Stimulation Therapy

This course is for individuals with early cognitive changes to moderate dementia. The evidence-based Cognitive Stimulation Therapy (CST) curriculum aims to improve cognitive function, language, and quality of life. Each session offers engaging activities based on group interests, promoting social connection in a fun, relaxed setting. Sessions are led by LiveWell's trained dementia specialists.

2:00p to 2:50p

Virtual Cognitive Stimulation Therapy

This course is for individuals with early cognitive changes to moderate dementia. The evidence-based Cognitive Stimulation Therapy (CST) curriculum aims to improve cognitive function, language, and quality of life. Each session offers engaging activities based on group interests, promoting social connection in a fun, relaxed setting. Sessions are led by LiveWell's trained dementia specialists.



SESSION 1/SESSION 2/SESSION 3

11:00a to 11:50a

Virtual Cognitive Stimulation Therapy – Early Stage (Patty)

Designed for individuals with early cognitive change, this evidence-based Cognitive Stimulation Therapy (CST) curriculum aims to improve cognitive function, language, and quality of life. Sessions are led by LiveWell's trained dementia specialists and promote social connection through engaging activities based on group interests, in a fun, relaxed setting.

11:00a to 11:50a

Virtual Cognitive Stimulation Therapy – Early Stage (Erica)

Designed for individuals with early cognitive change, this evidence-based Cognitive Stimulation Therapy (CST) curriculum aims to improve cognitive function, language, and quality of life. Sessions are led by LiveWell's trained dementia specialists and promote social connection through engaging activities based on group interests, in a fun, relaxed setting.



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