



CBRC Health & Fitness

ALZHEIMER'S DISEASE

For those with Alzheimer's Disease and related dementia (ADRD), regular physical activity helps develop better strength, balance, walking speed, and endurance. It also reduces physical decline and preserves day-to-day function, including sleeping habits. When people with ADRD become active, safety is a priority. These programs will keep those with ADRD on track and in a safe environment.

ADRD Programs Available:

One-on-one training 2 x week 60-minute sessions in 3, 6, or 12-month programs. Cost: \$61-\$70 per session depending on program length.

Living Stronger Group Training in 3, 6, or 12-month programs. Cost: \$7-\$8 per session depending on program length.

CBRC Health & Fitness' Exercise Professionals believe in Movement Health and Movement Function. Get started today!

CONTACT US

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