



Cornerstone Adult Services

# Early Memory Loss Program



## The Early Memory Loss Program

- *Is designed to enhance the overall quality of life of people affected by early memory loss*
- *Works to develop skills to help individuals remain independent for as long as possible*
- *Provides education, information and support*

**Program Days and Hours:**  
**Tuesdays and Thursdays – 10:00am -3:00pm**  
**8 weeks – Beginning April 3, 2018**

**Location:**  
Cornerstone Memory Care Center  
140 Warwick Neck Ave.  
Warwick, RI

*Registration is required and limited to 15 participants.*

**To register or for more information:**  
Call Linda Sinnott, Program Director  
**401-739-2844**

### Course content includes:

- Cognitive Stimulation
- Memory Enhancement
- Physical Activity/Exercise
- Expressive Arts
- Stress Reduction Techniques
- Social Engagement
- Education, Resources and Support

Member of Saint Elizabeth Community  
[www.stelizabethcommunity.org](http://www.stelizabethcommunity.org)

A non-profit, nonsectarian 501(c)(3) charitable organization and a CareLink Partner.