



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*

**Programs available daily  
Monday - Friday  
9:00am - 3:00pm**

### **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

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[www.stelizabethcommunity.org](http://www.stelizabethcommunity.org)**

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