



A program for people with
Alzheimer's disease or dementia

Alzheimer's disease or related dementias should not prevent you from getting out of the house and exercising. The LEEPS program can help!

What does the LEEPS program offer?

- A weekly individualized exercise program
- Weekly social outings
- A volunteer to accompany you during program activities

Family Caregivers of people with Alzheimer's disease and related dementias can also benefit from the LEEPS program by taking advantage of the time the participant spends with the volunteer to rest and refresh, or complete tasks that are easier to do alone.

LEEPS is a program intended to replicate a successful study performed at the University of Arizona using the same methods. The study showed people with Alzheimer's disease and related dementias who participated in the program experienced improved physical fitness and mood.

The **LEEPS** program is available in Ashland, Bayfield, Iron, Price, and Sawyer Counties. **Call today to find out how you can participate.**

Aging and Disability Resource Center of the North

Toll Free: 1-866-663-3607



Aging And Disability Resource Center of the North serving Ashland, Bayfield, Iron Price and Sawyer Counties.