Online Mindful Movement Study for Dementia Care



Who can participate?

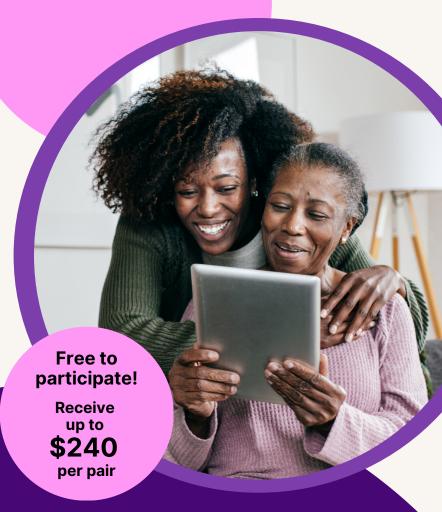
Individuals with mild dementia and their care partners

Reach out for more information or to join our study.

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What is involved?

- Care Partner Support & Training:
 Engage in a 4-week online mindful movement and support groups focused on nonverbal communication and self-care.
- Mindful Movement Program for Care Pairs: Weekly 1-hour online sessions blending mindfulness, multisensory exploration, and shared movement for 8 weeks. Enhance connection, well-being, and relationship quality.
- Complete surveys and participate in an interview to share your experiences.