

## Non-Impact Aerobics (NIA)



Non-Impact Aerobics (NIA) is an energizing cardio dance fitness practice for people living with dementia and their caregivers. NIA uses easy to follow movements to build strength and flexibility while conditioning your body. The sessions are adapted and sensitive to all levels of agility and are suitable for individuals who want the support of being seated throughout the class.

Please wear comfortable clothing and footwear.

Light refreshments will be provided.

### When:

Mondays,  
September 9, 2019  
September 16, 2019  
September 23, 2019  
September 30, 2019  
October 7, 2019  
October 21, 2019  
Time: 2:00 PM - 3:00 PM

### Where:

St. James United Church  
400 Burnhamthorpe Rd.  
Etobicoke, ON M9B 2A8

### Cost:

Free, registration is required.

### Partner:

St. James United Church



*Please note that all events are scent-free.*

### TO REGISTER:

Register online at [www.alz.to](http://www.alz.to) or contact Remy Sookhai at 416-640-6317 or [rsookhai@alz.to](mailto:rsookhai@alz.to)