AARP Virtual Community Center



FREE interactive online events and classes designed for learning, self-improvement, and fun.

Virtual Community Center Events

Health and Wellness: An Interactive Music, Movement and Memory Workshop

Tuesday, Sep 20, 2022 From 1:30 p.m. to 2:30 p.m. ET || 10:30 a.m. to 11:30 a.m. PT

Online

♣ Contact: AARP AZ

Email: azaarp@aarp.org

REGISTER

Professional vocalist and Certified Dementia Practitioner Shannon Wallace will lead you and your loved one in an interactive session combining music, movement, memory and mindful inspiration.

Join AARP Arizona and attendees from across the U.S. for a FREE virtual event on Tuesday, September 20, 2022, at 12:30 p.m. ET | 11:30 a.m. CT | 10:30 a.m. MT | 9:30 a.m. PT. AARP membership not required.

Enjoy great music and exercise with Shannon Wallace, who specializes in interactive music sessions for active adults and those living with all forms of dementia and cognitive impairment. She will guide participants in full-body movement exercises, memory and hand-eye coordination games, problem-solving games, humor and reflective conversation, all set to music and/or rhythm. This workshop features low-impact exercises involving arm and leg movements from a seated position.

Please consult your doctor before starting any exercise program.

This event is **FREE**, but registration is **REQUIRED**. Please do not opt out of event-related emails, as you will be emailed a link to join the class via Zoom prior to the event.

For further information, contact AARP Arizona at azaarp@aarp.org.

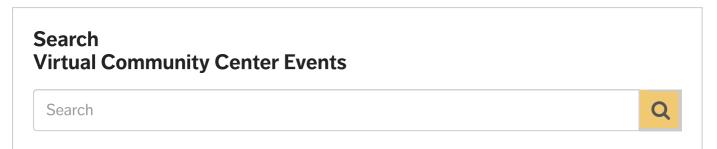
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