



# Memory Cafe



## Program

### Featured Guest:

WILDWOOD MUSIC THERAPY



2 PM - 4 PM EST

Join us for an afternoon of music making -- no experience required! Music therapist, Nora, will lead us through a variety of low-pressure music activities using the music that you enjoy. Singing along, playing along, or even just listening to music stimulates the brain and can help you relax and feel good.

**This program is open to all persons with Alzheimer's/dementia and their care partners, families, and friends.**

RSVP to Meredith Plant  
859-214-6106  
[maplant@alz.org](mailto:maplant@alz.org)

Alzheimer's Association  
2808 Palumbo Drive  
Lexington, KY 40509

