

# Memory Café

A safe, friendly, and supportive space for people with memory loss and their care partners to have fun and connect with others.

October

## Dance Movement Therapy

Monday, October 10 at 1 p.m.

NSSC (161 Northfield Road)

- **A loose and fun space for people to connect with their bodies and get in touch with natural movement**
- **Facilitated by Erica Hornthal, Board Certified Dance/Movement Therapist and Licensed Clinical Counselor**
- **Light refreshments will be served**
- **Participants must attend with a care partner**
- **Free!**

To learn more or to register, contact  
[caregiversupport@nssc.org](mailto:caregiversupport@nssc.org) or 847.784.6041.

