

Effective

STRATEGIES PROGRAM

FREE educational and social program designed to support people living with MCI and dementia!

Learn concrete strategies to continue living independently with dementia and sustain a high quality of life.

Effective Strategies Program is an 18 session program over 9 weeks for people with mild cognitive impairment (MCI) or early-stage dementia, as well as a care partner.

Each session is 90 minutes, with an hour of instruction and 30 minutes of discussion and socializing over refreshments. Sessions are led by a variety of experts in fields such as neurology, neuropsychology, speech therapy, occupational therapy, physical therapy, art therapy, music therapy, social work, and more.

Space is limited. Sign up today!

DATE & TIME

Tuesdays & Fridays
April 9 through June 7
3:30 pm to 5:00 pm (ET)

LOCATION

Insight - Fairfax
Education & Support Center
3955 Pender Drive, Suite 100
Fairfax, VA 22030

RSVP

You can register online at InsightMCC.org/events.
Deadline to register is April 1.

QUESTIONS?

Please contact Lindsey Vajpeyi at lindsey.vajpeyi@insightmcc.org or 703-204-4664 x134.

EFFECTIVE STRATEGIES PROGRAM: EVIDENCE-INFORMED BEST PRACTICE

This program was developed by Drs. Carol A. Manning and Scott A. Sperling at the University of Virginia's Memory and Aging Care Clinic. ESP was modeled after a successful program at the Fondation Sainte Marie in Paris, France. The program has been accepted by the Administration on Aging (AoA), Administration for Community Living (ACL), U.S. and Department of Health and Human Services (DHHS) as evidence-informed best practice.

This session is being offered in partnership between the **Inova Brain Health Program** and **Insight Memory Care Center**.



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