In honor of Alzheimer’s Awareness Month, Miami Jewish Health Systems and the Memory Center at Douglas Gardens will host and support a week of events from November 8th to 14th.

Kickoff Event: Embrace the Caregiver Experience: Recharge the Body, Mind & Spirit
Sunday, Nov. 8th, 11:00 am – 2:00 pm in the Ruby Auditorium (5200 NE 2nd Avenue)
This event is to recognize and celebrate the importance of you, the caregiver, and to offer you a day focused on wellness and relaxation.

• Brunch: 11:00 am to 2:00 pm
• Relaxing Music: 11:00 am “Singing” Bowls to Balance Chakras
  12:00 pm to 2:00 pm Relaxing Violin and Piano Music
• Mingle with Certified “Pet Therapists” Sweet Pea & Marseille and their human friends
  • Acupressure demonstrations and information from a certified practitioner
  • Hypnotherapy information from a certified practitioner
• Aromatherapy experiences and information from Air Aroma®
  • Makeup tips and makeovers from Mary Kay®
• Try out Wii™ Balance Stations, music/massage chairs, mini-masses, basic aromatherapy and relaxation CDs from The Rosomoff Comprehensive Pain Center and PACE (Program for All-Inclusive Care for the Elderly)
  • Quick, easy brain-healthy recipes and diet/health information from our Dietitian
  • Fitness tips and information from our certified exercise trainer
• Alternative Health information and coupons from Bagua Wellness Shop, Tea Room & Sanctuary of Healing
• “IN Cards” with discounts for local businesses and restaurants from Miami Beach Chamber of Commerce
  • Alzheimer’s Association Memory Walk (Nov. 14th)—Sign-up Table
• Information on caregiver programs and services from the Alliance for Aging and the Alzheimer's Association
  • Information on caregiver and memory fitness programs from the Memory Center at Douglas Gardens
  • Special Raffle Prize from Elizabeth Arden
Nov. 9th to Nov. 13th – Free Memory Screenings at the Memory Center at Douglas Gardens
Monday – Friday, 9:00 am – 5:00 pm, 5200 NE 2nd Avenue

HBO’s “The Alzheimer’s Project” – Screening and Discussion with Dr. Marc Agronin, M.D.
Tuesday, Nov. 10th, 10:00 am to 12:00 pm
Hazel Cypen Tower’s Jacob Rechtschaffer Synagogue, 5200 NE 2nd Avenue

An Introduction to Dementia with Dr. Marc Agronin, M.D.
Thursday, Nov. 12th, 10:30 am to 12:00 pm
Sands B Conference Room, 5200 NE 2nd Avenue (CEU’s available)

Alzheimer’s Association Memory Walk to promote awareness and raise funds for research
Saturday, Nov. 14th, 8:00 am, Merrick Park in Coral Gables
(Bus leaving from our MJHS campus at 7:15 am to go to Merrick Park)

We hope you can attend these worthwhile events. You deserve it!

FOR MORE INFORMATION AND TO R.S.V.P., PLEASE CONTACT:
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