



Exercise, education, and sensory stimulation for people experiencing memory loss and their caregivers

Love memory cafes, but looking for another option? Join Three Pillars' Director of Dementia Programming, caregivers, and their family members who are experiencing memory loss for Walk & Talk Tuesdays in Three Pillars woods. These weekly walks begin May 14 and run through August 27. The walks are a great source of caregiver support, exercise, education, and sensory stimulation.



Walk and Talk Tuesdays are also a great way to meet others on the same journey. Enjoy nearby parking in the Riverside Lodge (420 N Main St in Dousman) parking lot, wheelchair-accessible paved trails, shade, plenty of benches for rest and a catch-and-release fishing pond. The walks begin at 10am and end with a program in our pavilion from 10:30 to 11am. Each week, we will have a different social, game, craft, or speaker. All walks are free, and a caregiver must accompany his/her loved one. Reservations are not required, but are appreciated to ensure adequate supplies.

Questions & reservations:

Contact Jen Graf at 262.965.7133 or jgraf@threepillars.org

