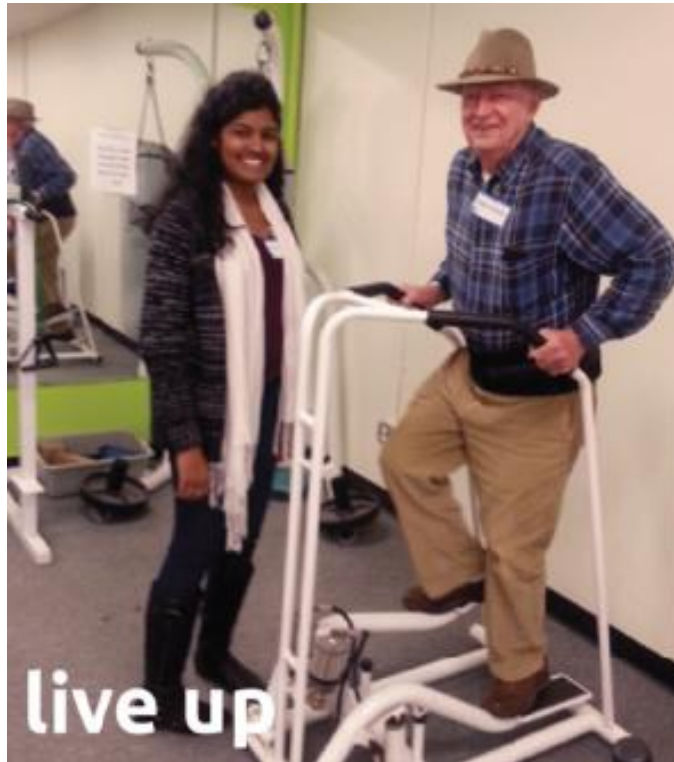


New Semester Begins Fall 2017

Elder Rehab at the Tucson J *live up*

Participant fee:

- \$270.00 per semester
- 20 2-hour sessions
- Twice a week one-to-one sessions with a U of Arizona intern.
- Caregivers enjoy JCC facilities while partner in class.



Elder Rehab with Dr. Sharon Arkin

Elder Rehab is a research-tested physical, mental, and social stimulation program, developed by psychologist, Sharon Arkin. A senior, memory-impaired participant will be partnered with a U of A volunteer “Personal Trainer” who will supervise the participant in physical fitness workouts and engage in memory and language stimulation.

Both participants and family members leave having a better mood and clearer mind. This program allows memory impaired elders the chance to interact with young, vibrant college students while improving their physical and mental capabilities.

For information and an application, contact: Sharon Arkin: arkinaz@earthlink.net or 520-603-2912

Dr. Sharon Arkin
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