Living Active Dementia

Active Living Mentoring

A person standing on a rock

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**Why stay active?**

Prevent Falls

Increase Cognition

Better Mood

Increase Self Confidence

Better Immunity

**Why NOT stay active?!**

**Living Active Dementia will make:**

**Suggestions on Adaptations to make it Successful!**

A group of people holding signs

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**Suggestions on best ways to Motivate!**

**Suggestions on best ways promote positive and fun times!**

If you don’t use it, you will lose it

**Caregiver Stress is Real!**

Learn tips to keep it at bay from Living Active.

**Living Active Dementia includes Wellness Techniques in every assessment learned in my 22 years of Healthcare Background**

A diagram of a diagram of wellness

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A red telephone receiver on a white wood surface

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**Empathetic, Good Listener, Advocate, Passionate – words used to describe Living Active Services**

**Virginia Simmons Living Active Dementia Caregiver Coaching Tel 434-907-6190**

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Call for an appointment today

Veterans qualify for a 10% Discount with a One Hour Session