

Online Mindful Movement Study for Dementia Care

Free to
participate!

Receive
up to
\$240
per pair



Who can participate?

Individuals with mild dementia
and their care partners

Reach out for more information
or to join our study.

Phone: (609) 975-9430

Email: mbmresearch@drexel.edu



What is involved?

- **Care Partner Support & Training:** Engage in a 4-week online mindful movement and support groups focused on nonverbal communication and self-care.
- **Mindful Movement Program for Care Pairs:** Weekly 1-hour online sessions blending mindfulness, multisensory exploration, and shared movement for 8 weeks. Enhance connection, well-being, and relationship quality.
- Complete surveys and participate in an interview to share your experiences.