

STABLE MINDS SUPPORT



WHO IT'S FOR:

- Adults with dementia, brain injuries, or Parkinson's
- Their caregivers and family members



WHAT'S INCLUDED:

- Time with horses: grooming, walking, bonding
- Light physical movement and coordination
- Arts & crafts, music, and educational presentations
- Connection and fun in a safe, social setting

2026 DATES:

Each session starts at 1PM

- March 2, 9, 16
- April 6, 13, 20
- May 4, 11, 18
- June 8, 15
- July: 6, 13, 20
- August: 17
- September: 14, 21
- October: 5, 12, 19
- November: 2, 9, 16
- December: 7, 14

PROGRAM FOCUS AREAS:

BRAIN & BALANCE / STEADY STRIDES

- For those with traumatic brain injuries (TBI)
- Helps with movement, balance, and confidence

PARKINSON'S SUPPORT

- Improves mobility, mood, and brain health
- Encourages emotional well-being

DEMENTIA SUPPORT

- Improves quality of life
- Activities for both participants and caregivers
- Promotes memory, connection, and joy

ENROLL NOW!

Call: 920-851-6160

Email: incbeaming@gmail.com

Visit our webpage for more information:

incbeaming.org

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