

IMPROVE FOR MOVEMENT & MEMORY

THANK YOU TO OUR PARTNERS:

INOVA PARKINSON'S AND MOVEMENT
DISORDERS CENTER
RESONANCE IMPROV ALLIANCE

JOIN US!

A WELCOMING SPACE FOR INDIVIDUALS WITH MEMORY
OR MOVEMENT DISORDERS — AND THE FAMILY MEMBERS
OR FRIENDS WHO SUPPORT THEM.

3RD THURSDAYS IN FAIRFAX FROM 3:30–4:30
4TH THURSDAYS IN STERLING FROM 1:00–2:00

REGISTER THROUGH OUR
EVENT CALENDAR

[HTTPS://WWW.INSIGHTMCC.ORG/GET-
INVOLVED/EVENTS/EVENT-CALENDAR.H
TML/CALENDAR/2025/10](https://www.insightmcc.org/get-involved/events/event-calendar.html/calendar/2025/10)

