

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)

