

FACTS

The Muller Center for Senior Health: Memory Fitness Center

Abington Memorial Health Center–
Warminster Campus
Second Floor, Main Building
225 Newtown Road
Warminster, PA 18974
215-441-6888

Lansdale Hospital
Ground Floor, Classroom C
100 Medical Campus Drive
Lansdale, PA 19446
215-441-6888

About the Memory Fitness Center

The Memory Fitness Center offers a program designed to help sharpen the memory skills of older adults who are showing signs of memory loss or have been recently diagnosed with dementia.

Physical and leisure activities, along with support and friendship from others attending the program, help individuals feel more comfortable and confident. Participants choose their own activities and the number of sessions they wish to attend.

The center provides four-hour sessions, which include activities (listed below) designed to help minimize memory loss and delay symptoms by stimulating the mind.

Program Activities

- Physical exercise
- Games
- Puzzles
- Literature discussion
- Current events
- Guest speakers
- Music
- Support group
- Information and referral

How it works

Individuals are encouraged to participate as often as they would like. Each session hosts 12 to 14 people and lasts four hours. The cost is \$35 per session. Physician referrals are not required.

The Memory Fitness Center is open from 11 a.m. to 3 p.m.; Tuesday, Wednesday and Thursday in the Warminster location; Wednesdays at Lansdale Hospital.

For more information or to register, please call 215-441-6888.

About The Muller Center for Senior Health

The Muller Center for Senior Health is designed to help senior patients live a healthy and productive life as they age.

The center offers inpatient and outpatient geriatric care, including a Geriatric Assessment Center, Elder Med program, Operation Reassurance, SAILL (Stop Abuse in Later Life), HELP (Hospital Elder Life Program) and much more. The Muller Center also provides geropsychiatric services for patients who are experiencing emotional health problems.

For more information, call 215-481-2571.