



TAKE CHARGE OF YOUR BRAIN HEALTH AND PRESERVE YOUR WELL-BEING!



ARE YOU OR A LOVED ONE EXPERIENCING MILD MEMORY LOSS OR OTHER COGNITIVE CHANGES?

M-Power U (MPU) is a weekly 4-hour social and respite program facilitated by Syracuse Jewish Family Service to promote well-being and independence for people who are experiencing mild memory loss, mild cognitive impairment, or early-stage dementia (no diagnosis required). *Lunch is included with the daily fee.* Led by SJFS's clinical staff, the goal of MPU is to empower people to take charge of their emotional, cognitive, and physical health to achieve overall wellness.



MPU is the only program of its kind in Central New York. MPU's innovative programming addresses the following topics through education and practice: memory and cognitive training, coping strategies, lifestyle skills, physical exercise, creative arts and wellness, and self-expression and emotional processing through creative arts projects.

***Now enrolling for the M-Power U (MPU) Madison County location!
Program is set to start March 5, 2025***

When: Wednesdays from 9:30 AM to 1:30 PM
Location: Madison County Rural Health Council
2662 Route 20 E Unit 1, Cazenovia, NY 13035
Daily fee is \$55, *which includes lunch*, or purchase multiple sessions at one time for a discounted price (6 sessions for \$315 or 13 sessions for \$650).

For more information, or to schedule an enrollment assessment, please contact SJFS Arts & Minds Coordinator and Clinician Hannah Pietra, at 315-446-9111, ext. 130, or at pietrah@sjfs.org.

Although the program activities are specifically for persons with early memory loss, supportive services such as information and referral, case management, and counseling can also be provided to families and other caregivers.



Syracuse Jewish Family Service is a nonprofit agency dedicated to helping individuals and families of any faith and age in Central New York. SJFS is a member of the continuum of care community of Menorah Park of CNY and is grateful for funding from the Jewish Federation of CNY, the Alzheimer's Foundation of America, and many generous local and national donors.