

## What you get with access to MY Drive

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# Keep Alzheimer's at Bay

By Mary Griffin, Beta Xi Chapter, Area 5

With this QR Code, you access to my Games and Exercises for a healthy brain on my Google Drive.

You may share the link but you do NOT have permission to alter, change or delete my content.



British Gymnastics Foundation

### Love to Move Program

Developed in 2020 for patients with dementia

Series of four 60 minute Youtube videos



MHA

Methodist Homes Association in UK

70 Short videos on Youtube

