

# Spring Newsletter

**TERRITORY**  
NEUROLOGY & RESEARCH INSTITUTE



## New Clinical Trials

We are currently enrolling in multiple clinical trials for both Alzheimer's and Multiple Sclerosis. Clinical trials are a great way to explore new treatment options and help to advance medicine. See our website or call us at (520) 742 - 1833 to learn about which trials are right for you.

## A Focus on Wellness

We recognize that there is more to healthcare than just medicinal treatments. As such, we are doing our utmost this season to bring you more holistic resources. We will be offering exercise classes, mindfulness/ meditation courses, and more. Watch for emails and website updates on new classes to come.

## Educational Opportunity

We are offering a lecture series, *Lifestyle Changes that Impact Alzheimer's*, that will be running weekly until May 9<sup>th</sup>. Our aim is to provide more educational resources moving forward to help empower our patients to take an active role in managing their condition. Look for more educational opportunities moving forward.



## Stay Informed!

Receive up to date information and reminders about events, classes, and support services right to your email! If you're not receiving our emails, please email [nsorkow@territorynri.com](mailto:nsorkow@territorynri.com) with your name and whether you would like to receive Alzheimer's or Multiple Sclerosis specific updates!

## Spring Time Trivia!

1. How old are saguaro cacti when they bloom?
2. What is the name of the national park in Tucson?
3. What is the name of the spring training league that holds baseball games in Arizona?
4. What is the name of the annual springtime carnival hosted by the University of Arizona?

Answers will be found on the next newsletter!



## FEATURED FURRY FRIENDS!



Research shows that pets positively impact disease outcomes. So, Territory would like to feature your furry family members that have had a hand, or paw rather, in your healthcare!

## The Spring Time Spot - Windy Point Vista

Spring has sprung, and it is time to take advantage of the beautiful Tucson landscape before it's too hot. Few spots are better to do this than Windy Vista on Mount Lemmon, enjoy a cool drive up the mountain and the incredible scenic vista when you arrive! No hiking required, enjoy the view from your car!



# Add Your Dog to Our Dog Board!