

# Minds *in* Motion

A fitness and social program for people living with early-stage dementia



A fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Light refreshments provided. Care partners must attend.

For more information or to try out a free session prior to registering, call Minds in Motion® Coordinator

## Where

## Registration

## When

## Cost

Start at any time, prices are pro-rated  
(one person living with dementia, one care partner)



Alzheimer Society  
BRITISH COLUMBIA

First Link®  
YOUR LINK TO DEMENTIA SUPPORT

BRITISH COLUMBIA  
Ministry of Health