

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. Care partners must attend.

Proof of full COVID-19 vaccination will be required to attend this program. To learn more about safety protocols, visit: alzbc.org/COVID-safety

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