

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.

COVID 19 update: Masks are now optional. To learn more about safety protocols for our in-person events, visit: alzbc.org/COVID-safety.

Where

Cambie Community Centre (Cantonese)
East Richmond Hall
12360 Cambie Road
Richmond

Registration

Register in-person, online at
richmond.ca/register or call
604-276-4300

When

Twelve Wednesdays
January 4 - March 22
1:30 to 3:30 p.m.

Cost

\$67.80 per pair for twelve sessions

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



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