

# 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](https://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  
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