

# 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**  
BRITISH COLUMBIA

**First Link**<sup>®</sup>  
YOUR LINK TO DEMENTIA SUPPORT

 **BRITISH COLUMBIA** | Ministry of Health