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 Registration

When Cost

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









