

Minds *in* Motion

A fitness and social program for people living with early-stage dementia



Join us for light exercise conducted by a certified fitness instructor followed by activities and social time. This program is for people living with dementia to attend with a friend, family member or care partner.

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

(one person living with dementia, one care partner)



Alzheimer Society
BRITISH COLUMBIA

First Link[®]
YOUR LINK TO DEMENTIA SUPPORT



Ministry of
Health