

# 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.

Proof of full COVID-19 vaccination will be required to attend this program. To learn more about safety protocols, 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)

**Vancouver  
CoastalHealth**  
*Promoting wellness. Ensuring care.*

**Alzheimer Society**  
BRITISH COLUMBIA

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

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Health