

DEMENTIA PROGRAM

Minds in Motion®

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



SESSION OUTLINE

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.**



WHERE

Lower Native Sons Hall
360 Cliffe Avenue
Courtenay



WHEN

Six Wednesdays, October 25 - November 29
from 1 to 2:30 p.m.



REGISTRATION

Call Courtenay Recreation at
250-338-1000 or visit courtenay.ca.



COST

\$48 per pair for six sessions.

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

***Masks are optional.**

Learn more about safety protocols at alzbc.org/COVID-safety