

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

Timms Community Centre
20399 Douglas Crescent
Langley



WHEN

Six Tuesdays, November 7 - December 12
from 10 to 11:30 a.m.



REGISTRATION

Must register in-person at Timms Community Centre.



COST

\$42 per pair for six sessions

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



***Masks are optional.**

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