

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

Beban Park Social Center
2300 Bowen Road
Nanaimo



WHEN

Five Thursdays, September 14 -
October 12 from 1 to 2:30 p.m.



REGISTRATION

Please register through Nanaimo Recreation online at nanaimo.ca or call 250.756.5200.



COST

\$40 per pair for five 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

Alzheimer Society
BRITISH COLUMBIA

First Link®
YOUR LINK TO DEMENTIA SUPPORT



Ministry of
Health