

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

Penticton Community Centre
325 Power Street
Penticton



WHEN

Seven Tuesdays, October 31 -
December 12 from 1:30 to 3 p.m.



REGISTRATION

Register in-person at Penticton Community Centre.



COST

\$42 per pair for seven 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