

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

Pearkes Recreation Centre
3100 Tillicum Road
Victoria (Saanich)



WHEN

Six Wednesdays, January 17 - February 14
from 1 to 2:30 p.m.



REGISTRATION

Registration opens December 6. Register in-person or by phone at 250-475-5400. Please contact Tara Speirs at tspeirs@alzheimerbcb.org or 778-746-2019 for more information.



COST

\$24 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 alzbcb.org/COVID-safety