Minds in Motion

A fitness and social program for people living with early-stage dementia or memory loss

Join us for light exercise conducted by a certified fitness instructor followed by activities and social time. This program is for people living with dementia to attend with a friend, family member or care partner.

For more information or to try out a free session prior to registering, call Minds in Motion® Coordinator Tara Speirs at 778-746-2019.

Where

SHOAL Centre
10030 Resthaven Drive

When

Thursdays: 1:30 - 3 p.m.
January 17 - February 14

Registration

Call SHOAL Centre at 250-654-0536 or drop by reception.

Cost

$31.50

(one person living with dementia, one care partner)

island health

Alzheimer Society BRITISH COLUMBIA

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