

An online fitness and social program for people living with early-stage dementia and their care partner



A weekly fitness and social activity program offered online for people living with any form of early-stage dementia to attend with a care partner. Each session consists of a 30-minute fitness video followed by 45 minutes of social activity, and is an opportunity to connect with others living with dementia. Care partners must attend.

Register today!

- **Tuesday** 10 to 11:30 a.m. **OR** 1 to 2:30 p.m.
- **Wednesday** 10 to 11:30 a.m.
- **Thursday** 10 to 11:30 a.m. **OR** 1 to 2:30 p.m.
- **Friday** 1 to 2:30 p.m.

Sessions are free to attend and hosted in Microsoft Teams. Donations to the Alzheimer Society of B.C. are appreciated. For more information and to register, call the First Link® Dementia Helpline at 1-800-936-6033.