

# Minds *in* Motion

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



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.

Proof of full COVID-19 vaccination will be required to attend this program. To learn more about safety protocols, visit: [alzbc.org/COVID-safety](https://alzbc.org/COVID-safety)

**Where**

**Registration**

**When**

**Cost**

(one person living with dementia, one care partner)



**Alzheimer Society**  
BRITISH COLUMBIA

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Ministry of  
Health