

Minds Motion

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



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.

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

Where

Registration

When

Cost

Start at any time, prices are pro-rated.
(one person living with dementia, one care partner)

Alzheimer Society
BRITISH COLUMBIA

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BRITISH COLUMBIA

Ministry of
Health