

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

Abbotsford Recreation Centre
2499 McMillan Road
Abbotsford



WHEN

Six Fridays, February 16 - March 22 from 1:30 to 3 p.m.



REGISTRATION

Register in-person at Abbotsford Recreation Centre or by phone at 604-853-4221.



COST

\$53.10 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 alzbc.org/COVID-safety