

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

Bob Chan-Kent Family YMCA
45844 Hocking Avenue
Chilliwack



WHEN

Five Mondays, February 26 - March 25
from 1:45 to 3:15 p.m.



REGISTRATION

Please call the First Link® Dementia Helpline at 1-800-936-6033.



COST

\$35 per pair for five sessions.

Start at any time, prices cannot be pro-rated
(one person living with dementia one care partner)



***Masks are optional.**

Learn more about safety protocols at alzbc.org/COVID-safety