

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

Lower Native Sons Hall
360 Cliffe Avenue
Courtenay



WHEN

Six Wednesdays, February 28 - April 3
from 1 to 2:30 p.m.



REGISTRATION

Please call Courtenay Rec at
250-338-1000.



COST

\$60 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