

# 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

John Tod YMCA  
150 Wood Street  
Kamloops



### WHEN

Nine Tuesdays, March 5 - April 30  
from 1:30 to 3:30 p.m.



### REGISTRATION

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



### COST

\$45 per pair for for nine 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](https://alzbc.org/COVID-safety)