

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

Parkinson Recreation Centre
1800 Parkinson Way
Kelowna



WHEN

Ten Wednesdays, January 10 - March 13
from 10:30 a.m. to noon



REGISTRATION

Please call Parkinson Recreation Centre at 250-469-8800.



COST

\$95 per pair for ten 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