

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

McKee Seniors Recreation Centre
5155 47 Avenue
Ladner



WHEN

Six Wednesdays, February 21 - March 27
from 1:30 to 3:30 p.m.



REGISTRATION

Must register in-person at McKee Seniors Recreation Centre.



COST

\$30 per pair for six 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