

# 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

Timms Community Centre  
20399 Douglas Crescent  
Langley



### WHEN

Eight Tuesdays, March 12 - April 30  
from 10 to 11:30 a.m.



### REGISTRATION

Register in-person at Timms Community Centre or by phone at 604-514-2940.



### COST

\$56 per pair for eight 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)