

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

Beban Park Social Center
2300 Bowen Road
Nanaimo



WHEN

Five Thursdays, March 7 - April 4 from
10 to 11:30 a.m. or 1 to 2:30 p.m.



REGISTRATION

Register by phone through
RecCowichan at 250-746-7665.



COST

\$40 per pair for five 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