

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

Silver Harbour Centre
144 East 22nd Street
North Vancouver



WHEN

Eight Fridays, January 19 - March 15
from 9:45 to 11:15 a.m.

**No session February 16*



REGISTRATION

Register in-person or by phone at
604-980-2474.

Email amartin@alzheimerbc.org or call
604-675-5157 for more information



COST

\$64 per pair for 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