

# 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

Desert Sun Counselling & Resource Centre  
8701 Main Street  
Osoyoos



### WHEN

Nine Wednesdays, January 17 - March 13  
from 1 to 3 p.m.



### REGISTRATION

Please call the First Link® Dementia Helpline at 1-800-936-6033.



### COST

No cost.

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)