

# 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

Prince George YMCA  
2020 Massey Drive  
Prince George



### WHEN

Eight Tuesdays, January 30 - March 19  
from 10 to 11:30 a.m.



### REGISTRATION

Please call the Prince George Resource Centre at 250-564-7533 or the First Link® Dementia Helpline at 1-800-936-6033.



### COST

\$54.30 + tax 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](https://alzbc.org/COVID-safety)

