

# 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 from  
10 to 11:30 a.m.  
March 7 - April 25, 2023



### REGISTRATION

Register in-person, online at [richmond.ca](http://richmond.ca) or call 604-276-4300.



### COST

\$54.30 per pair for eight sessions.

Start at any time, prices are pro-rated (one person living with dementia one care partner)

**\*Masks are optional.**  
Learn more about safety protocols at [alzbc.org/COVID-safety](http://alzbc.org/COVID-safety)