

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

South Arm Community Centre
8880 Williams Road
Richmond



WHEN

Six Thursdays, January 25 - February 29
from 1:30 to 3:30 p.m.



REGISTRATION

Register in-person, online at richmond.ca or by phone 604-276-4300 (Program ID #00285326). For more information, email amartin@alzheimerbc.org or call 604-675-5157.



COST

\$33.90 per pair for for six 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