

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

Sechelt Aquatic Centre
5500 Shorncliffe Avenue
Sechelt



WHEN

11 Fridays, January 12 - March 22
from 10 a.m. to noon



REGISTRATION

Register call 604-885-6801
(Program ID #82726).



COST

\$110 per pair for 11 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