

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

Kerrisdale Community Centre
5851 West Boulevard
Vancouver



WHEN

Five Thursdays, February 22 - March 21
from 10 to 11:30 a.m.



REGISTRATION

Register in-person at Kerrisdale Community Centre or by phone at 604-257-8109. For more information, email amartin@alzheimerbc.org or call 604-675-5157.



COST

\$35 per pair for five 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