

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

Hillcrest Community Centre
4575 Clancy Loranger Way
Vancouver



WHEN

Eight Wednesdays, January 17 - March 13
from 1:30 to 3 p.m.

**No class February 14*



REGISTRATION

Register at vanrec.ca or call Hillcrest Community Centre at 604-257-8680. Please email amartin@alzheimerbc.org or call 604-675-5157 for more information.



COST

\$64 per pair 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