

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

Killarney Community Centre (Chinese)
6260 Killarney Street
Vancouver



WHEN

Twelve Fridays, January 5 - March 22
from 1:30 to 3:30 p.m.



REGISTRATION

Register in-person at Killarney Community Centre or by phone at 604-718-8201 (Program ID #480154).



COST

\$74.40 per pair for twelve 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