

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

Vernon Recreation Centre
3310 37th Avenue
Vernon



WHEN

Five Wednesdays, February 13 - March 12
from 1 to 2:30 p.m.



REGISTRATION

Register online at gvrec.ca or in-person at Vernon Recreation Centre.



COST

\$41 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