

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

Kent Street Activity Centre
1475 Kent Street
White Rock



WHEN

12 Tuesdays, January 9 - March 26
from 1 to 3 p.m.



REGISTRATION

Must register in-person at Kent Street Activity Centre.



COST

\$120 per pair for 12 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