

Get a physical and mental boost with Minds in Motion!

Alzheimer *Society* | Minds in Motion®

Minds in Motion® is an evidence-based program that includes physical exercise, social and mind stimulating activities for people living with mild to moderate dementia and their care partners. This program is being offered virtually over Zoom, 1.5 hours a week for 8 weeks.

This is a great environment to establish new friendships with others who are living with similar experiences.

Combining physical, mental and social stimulation can:

- Improve brain health
- Improve mood & decrease the risk of depression
- Reduce sense of isolation
- Improve balance, mobility, flexibility and alertness

Upcoming available sessions:

- [Monday May 6th—July 24, 2025
1:30pm—3pm](#)
- [Thursday, May 22—July 10, 2025
10am—11:30am](#)
- [Monday May 26—July 14, 2025
10:30am—12pm \(SEATED ONLY\)](#)
- [Monday, June 2nd—July 21st, 2025
1pm—2:30pm](#)
- [Monday, July 7th—Aug. 25, 2025
10am—11:30am](#)
- [Wednesday, July 2nd—Aug20th,
10am—11:30am](#)
- [Thursday, July 17th—Sept. 4th
10am—11:30am](#)

To find out more or to register, click on the date your interested in above to contact the Minds in Motion Facilitator, or email Vanessa at

vbarnes@alzheimersarnia.ca