Minds in Motion

A fitness and social program for people living with early-stage dementia

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. Light refreshments provided. Care partners must attend.

For more information or to try out a free session prior to registering, call a Minds in Motion® Coordinator Colleen Cahoon at 250-734-4170.

Where

Lower Native Sons Hall
360 Cliffe Avenue
Courtenay

Registration

To register, call Lower Native Sons Hall at 250-338-1000.

When

Seven Wednesdays
November 6 – December 18
From 1 – 3 p.m.

Cost

$52.50 per couple for seven weeks

Start at any time, prices are pro-rated
(one person living with dementia, one care partner)

island health

Regional District of Nanaimo

Alzheimer Society British Columbia

First Link® YOUR LINK TO DEMENTIA SUPPORT

British Columbia Ministry of Health