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 Carey Henry, 778-761-2011 or 250-489-9401 (cell).

Where

Cranbrook Seniors Hall
125 17th Avenue South
Cranbrook, B.C.

Registration

Call 250-489-0220 or drop by the Community Services Registration Desk at Western Financial Place.

When

Six Thursdays
September 26 – October 31
From 10 – 11:30 a.m.

Cost

$48.00 per pair for six weeks. Contact Carey to try one session for free.

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

Alzheimer Society BRITISH COLUMBIA

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BRITISH COLUMBIA Ministry of Health