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 Minds in Motion® Coordinator Andrea Campbell at 250-860-0305.

Where

Parkinson Recreation Centre
McIntosh Room
1800 Parkinson Way, Kelowna

Registration

Online: www.kelowna.ca/recreation
Phone: 250-469-8800
In person: Parkinson Recreation Centre

When

12 Wednesdays, 1:30 – 3 p.m.
January 8 – March 25

Cost

$96.00 per pair (12 week session)

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

Alzheimer Society BRITISH COLUMBIA

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