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 Sharon Tong at 604-687-8299.

Where

Cambie Community Centre
East Richmond Hall
12360 Cambie Road, Richmond

When

16 Wednesdays
September 4 – December 18
From 1:30 – 3:30 p.m.

Registration

For more information, contact Sharon Tong at 604-687-8299 or email info.chinese@alzheimerbc.org
Registration code: 2742324

Cost

Contact Sharon Tong for cost. You may start at any time, prices are pro-rated

(one person living with dementia, one care partner)

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Alzheimer Society BRITISH COLUMBIA

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