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 Tara Speirs at 778-746-2019.

Where

Pearkes Recreation Centre
3100 Tillicum Road

Registration

Call Pearkes Recreation Centre
250-475-5400 or drop by reception

When

Six Tuesdays: 1 - 2:30 p.m.
November 12 - December 17

Cost

$30 per pair for six week series

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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BRITISH COLUMBIA Ministry of Health