Minds in Motion

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

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 Sonia Furstrand at 604-675-5157.

Where

West End Community Centre
870 Denman Street, Vancouver

When

Eight Tuesdays: 10 – 11:30 a.m.
July 2 – August 20, 2019

Registration

By phone at 604-257-8333 or in person at West End Community Centre

Cost

$50 (eight week series)

(one person living with dementia, one care partner)

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Alzheimer Society
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