



GROUP	DESCRIPTION	TIME	LOCATION	DATE	<p>FOR MORE INFORMATION OR TO REGISTER FOR ANY OF THE GROUPS LISTED PLEASE CONTACT:</p> <p>Stephanie Moncion Health Promotion & Activation</p> <p>PHONE: (705) 524-2024 EXT. 269</p> <p>TOLL FREE: 1-800-407-6369</p> <p>EMAIL: smoncion@alzheimersudbury.ca</p>
<p>CHAIR YOGA</p> 	<p>Gentle form of yoga practiced sitting on a chair</p> <p>For persons living with dementia & their care partners</p> <p><i>Free of charge</i></p>	<p>2:00pm-3:00pm</p>	<p>South End Library 1991 Regent St. Sudbury</p>	<p><u>Wednesdays</u> January 9 & 23 February 6 & 20 March 6 & 20</p>	
			<p>Lively Library 15 Kin Dr. Lively</p>	<p><u>Wednesdays</u> January 30 February 27 March 27</p>	
<p>MINDS IN MOTION®</p> 	<p>Program runs for 8 weekly sessions focusing on physical and mental stimulation</p> <p>For persons living with dementia & their care partners</p> <p><i>\$20.00/person</i></p>	<p>1:00pm-3:00pm</p>	<p>Parkside Centre 140 Durham St. Sudbury</p>	<p><u>Mondays</u> January 14 – March 11 (no session on February 18)</p>	
<p>URBAN POLING (indoor)</p> 	<p>Urban Poling consists of walking with poles to activate lower and upper body muscles</p> <p>For persons living with dementia & their care partners</p> <p><i>Free of charge (we provide poles)</i></p>	<p>10:30pm-11:30pm</p>	<p>Southridge Mall 1933 Regent St. Sudbury (in front of food court)</p>	<p><u>Every Wednesday</u> January 9 – March 27</p>	
			<p>Azilda Arena 158 Ste-Agnes St. Azilda (Banquet hall)</p>	<p><u>Every Tuesday</u> January 8 – March 26</p>	