

VIRTUAL Minds in Motion®

Minds in Motion® is a physical activity and brain stimulation program for people living with dementia and their care partners, currently being offered online throughout Ontario.

We offer you an opportunity to join in on a mentally, socially and physically stimulating program right from your home. This is a great chance to stay connected!

Minds in Motion is delivered by our experienced staff and community partners.



**30 MINUTES GENTLE CHAIR
EXERCISE
30 MINUTES COGNITIVE
STIMULATION**



UPCOMING DATES

All Sessions Will From 2:00pm—3:00pm

Tuesday September 7,2021 – October 26,2021

Thursday September 9.2021 - October 28,2021

Tuesday November 2,2021 –December 14,2021

Thursday November 4,2021– December 16,2021

***PLEASE NOTE THERE WILL BE A MINDS IN MOTION BREAK BETWEEN *
December 20.2021– December 31,2021**

Minds in Motion would not be possible without the generous donations from

**Catherine Booth and Michael Kirk,
friends and family of Tarik and Feroze
Mohammed and Alzheimer Society of Ontario.**

Thank you for keeping this program going.

FOR MORE INFORMATION & REGISTRATION CONTACT

JAIME CRUZ

PUBLIC EDUCATION /MINDS IN MOTION COORDINATOR

jkacruz@alzheimer-york.com or 416-704-1653

