

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

Thursday April 1, 2021 - May 20, 2021

Tuesday June 1, 2021 - July 6, 2021

Tuesday April 6, 2021 - May 25, 2021

Thursday June 3, 2021 - July 8, 2021

Tuesday July 13, 2021 - August 17, 2021

(no session July 1, 2021)

Thursday July 15, 2021 - August 19, 2021

***PLEASE NOTE THERE WILL BE A MINDS IN MOTION BREAK BETWEEN *
AUGUST 23, 2021 - SEPTEMBER 3, 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

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MINDS IN MOTION COORDINATOR

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