

## **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**

**Jennifer Barta**

**MINDS IN MOTION COORDINATOR**

**[jbarta@alzheimer-york.com](mailto:jbarta@alzheimer-york.com)**

