

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 2022

All Sessions Will From 2:00pm—3:00pm

Tuesday January 4,2022-February 8,2022

Thursday January 6,2022-February 10,2022

Tuesday February 15,2022-March 29,2022

Thursday February 17,2022-March 31,2022

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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