

Minds *in* Motion™

A FITNESS AND SOCIAL PROGRAM FOR THOSE WITH EARLY STAGE MEMORY LOSS

WHEN

Tuesdays 1:30 – 3:00pm
November 1st – December 20th, 2011
(No session November 29th
and December 13th)

WHERE

Monterey Centre
1442 Monterey Avenue

REGISTER

Call Monterey Centre at
250-370-7300 or drop by
reception

\$36.50 per couple for 6 weeks

For more information, call the
Alzheimer Resource Centre at
250.382.2052

Minds in Motion™ is designed for people diagnosed with Alzheimer's disease or a related dementia and a friend, family member or caregiver. Enjoy light exercise conducted by a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. Light refreshments will be provided.

Minds in Motion™ is offered in partnership by the Seniors at Risk Integrated Health Network, Recreation Oak Bay, and the Alzheimer Society of B.C., and funded through the Vancouver Island Health Authority, Continuing Care Services, and the B.C. Ministry of Health Services



Ministry of
Health Services



Alzheimer Society
BRITISH COLUMBIA