

# Minds *in* Motion™

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

### WHEN

8 Wednesdays  
January 4 – February 22  
2 – 4 p.m.

### WHERE

Cambie Community Centre –  
East Richmond Hall  
12360 Cambie Road, Richmond

### REGISTRATION

To register call Cambie Community  
Centre at 604-233-8399

### Cost

\$35 for 8 week session  
Cost is for two people

### FOR MORE INFORMATION

call Kate Cowell, Minds in Motion  
Coordinator at 604-742-4923 or  
email [kcowell@alzheimerbc.org](mailto:kcowell@alzheimerbc.org)

*Minds in Motion™* is designed for people diagnosed with Alzheimer's disease or another 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.

*Activities vary at each program location*



Ministry of  
Health Services

**Alzheimer Society**  
BRITISH COLUMBIA