

# Minds *in* Motion™

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

### WHEN

8 Wednesdays:  
January 4 – February 22  
9:30 – 11:30 a.m.

### WHERE

Garratt Wellness Centre  
7504 Chelsea Place, Richmond

### REGISTER

Please call Kate at 604-742-4923

### Cost

\$35 per couple

*If space is available, participants are encouraged to drop in and try out a free session prior to registering.*

*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.



Ministry of  
Health Services

**Alzheimer Society**  
BRITISH COLUMBIA