

Minds *in* Motion™

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

WHEN

8 Thursdays:
January 5 - February 23
10 – 11:30 a.m.

Cost

\$35.99 per couple

WHERE

South Bonson Community Centre
10932 Barnston View Rd
Pitt Meadows

Course #166093

REGISTER

Please call 604-465-2470

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