

DEMENTIA PROGRAM

Minds in Motion®

A fitness and social program for people living with early-stage dementia.



SESSION OUTLINE

A fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. Gentle exercises are followed by social activities designed to be enjoyed in pairs. **Care partners must attend.**



WHERE

Parkinson Recreation Centre
1800 Parkinson Way
Kelowna



WHEN

Eleven Wednesdays, April 10 - June 19
10:30 a.m. to 12 p.m. +



REGISTRATION

Please call Parkinson rec centre to register 250-469-8800 or register in person



COST

\$82.50 for 11 sessions

Start at any time, prices are pro-rated (one person living with dementia one care partner)

***Masks are optional.**
Learn more about safety protocols at alzbc.org/COVID-safety