

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

Our Lady of the Mountains Catholic Church
6299 Lorimer Road
Whistler



WHEN

Five Tuesdays
May 28 - June 25 from 10:30 a.m. to noon



REGISTRATION

Please call the First Link Dementia Helpline
1-800-936-6033



COST

\$50 per pair for five 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