

Get a physical and mental boost with Minds in Motion!

Alzheimer *Society* | Minds in Motion®

Minds in Motion® is an evidence-based program that includes physical exercise, social and mind stimulating activities for people living with mild to moderate dementia and their care partners. This program is being offered virtually over Zoom, 1.5 hours a week for 8 weeks.

This is a great environment to establish new friendships with others who are living with similar experiences.

Combining physical, mental and social stimulation can:

- Improve brain health
- Improve mood & decrease the risk of depression
- Reduce sense of isolation
- Improve balance, mobility, flexibility and alertness

Upcoming available sessions:

- [Monday, Jan. 13 - March 10, 2025](#)
[10:30am—12pm \(SEATED ONLY\)](#)
- [Thursday, Feb. 6—March 27, 2025](#)
[10am—11:30am](#)
- [Friday Jan. 10 - Feb. 28, 2025](#)
[10:30am - 12:30pm](#)

To find out more or to register, click on the date your interested in above to contact the Minds in Motion Facilitator, or email Vanessa at

vbarnes@alzheimersarnia.ca