

DEMENTIA PROGRAM

Minds in Motion®

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



FITNESS



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

Strathcona Gardens Rec Complex
225 S Dogwood St
Campbell River, BC



WHEN

Six Wednesdays, 10:00 - 11:30 a.m.
May 20-June 24



REGISTRATION

In person
Phone: 250-830-6777
Online: strathconagardens.com



COST

\$60.00 per pair for six sessions

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



STRATHCONA GARDENS
RECREATION COMPLEX

Alzheimer Society
BRITISH COLUMBIA

First Link®
YOUR LINK TO DEMENTIA SUPPORT



Ministry of Health