

Alzheimer Society

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON

Minds in Motion®

A physical activity and brain stimulation program for people with memory loss and their care partners

Minds in Motion® is a 2-hour program that combines 1 hour of physical activity with 1 hour of mental and social stimulation.

It is designed for individuals with early to mid-stage memory loss, and their care partners to attend together.

This program runs once a week for 8 weeks and offers the opportunity to establish new friendships with others who are living with similar experiences.

ASPHODEL NORWOOD  PUBLIC LIBRARY
NORWOOD WESTWOOD

Ontario Trillium Foundation  Fondation Trillium de l'Ontario



Westwood Public Library

312 Centre Line, Westwood

Dates of the 8-week session:

Thursday Dec 2
Thursday Dec 9
Thursday Dec 16
Thursday Jan 6
Thursday Jan 13
Thursday Jan 20
Thursday Jan 27
Thursday Feb 3

From 1 P.M. – 3 P.M.

\$30 / couple (one-time fee)

To register please contact:

Jennifer Stubbert, Minds in Motion Lead
705-748-5131 or 1-800-561-2588 jennifer@alzheimersociety.ca

Participants with memory loss must be accompanied by a care partner.