

Minds in Motion®

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

Alzheimer Society

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON

ASPHODEL NORWOOD  PUBLIC LIBRARY
NORWOOD WESTWOOD

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

The program is designed for individuals with early to mid-stage memory loss, and their care partners to attend together. Over the 8 weeks, this program offers the opportunity to establish new friendships with others who are living with similar experiences.

As part of this partnership, we are excited to offer the program for free to Asphodel-Norwood Public Library cardholders. Space is limited, register today!



To register please contact:

Jennifer Stubbert

Minds in Motion Lead

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Ontario
Trillium
Foundation  Fondation
Trillium
de l'Ontario

Westwood Public Library

312 Centre Line,
Westwood

Dates of the 8-week session

- 1) Thursday October 7
- 2) Thursday October 14
- 3) Thursday October 21
- 4) Thursday October 28
- 5) Thursday November 4
- 6) Thursday November 11
- 7) Thursday November 18
- 8) Thursday November 25

1:00 p.m. to 3:00 p.m.

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

To ensure participants and staff remain safe, the program will adhere to COVID 19 public health guidelines.