

# Minds *in* Motion®

The **Minds in Motion**® program combines physical activity, socialization and mental stimulation for people living with early to moderate symptoms of dementia to attend with a family member or community friend.

## OPEN HOUSE - Altona

Thursday, September 28, 2017

9:30 - 11:30 am

The Gardens on Tenth

*Come Experience the Fun!*



This two-hour weekly program runs for eight weeks and offers a great environment to establish new friendships with others living similar experiences. **The Minds in Motion**® program begins Thursday October 12 and runs until November 30, 2017.

**Please call The Gardens On Tenth at 204-324-8945 to register for our complimentary Open House.**

For more information on the program or sessions, contact:

**Maria Mathews, Program Manager**

**204-943-6622 ext. 203 or 1-800-378-6699**

or visit us at:

**[alzheimer.mb.ca/mindsinmotion](http://alzheimer.mb.ca/mindsinmotion)**