

# 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 - Gimli

Monday, September 25, 2017

1 - 3 pm

Gimli New Horizons 55+ Centre

*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 Monday October 16 and runs until December 11, 2017.

**Please contact the Gimli Seniors Resource Centre at 204-642-7297 or [gsrc@mymts.net](mailto:gsrc@mymts.net) 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)**