

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 - Portage la Prairie

Monday, October 2, 2017

1 - 3 pm

Stride Place

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 4, 2017.

Please call Karen Lambert, Alzheimer Society North Central Regional Coordinator, at 204-239-4898 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