

# Minds Motion®

## JOIN US THIS Fall!!!

**Minds in Motion®** connects people living with early to moderate signs of dementia through ***fitness, fun*** and ***friendship***.

Enjoy eight sessions including:

- Gentle chair fitness
- Engaging activities
- Refreshments & conversation

**Wednesdays 1:30-3:30**

**September 17 – November 5, 2025**

**Herman Prior Centre**

**40 Royal Rd. N. Portage la Prairie**

**\$65 per pair**

**To Register Call: 204 857-6951**



**To learn more about the program, please contact:**

**Pam Anderson**

**Central Plains Regional Coordinator**

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