

Minds *in* Motion™

DROP IN TO LEARN ABOUT OUR PROGRAM!

We're looking for facilitators, fitness leaders, volunteers and participants for upcoming sessions.

Thursday, September 11

Drop-in between 12:30 - 2:30 pm

**Carman Active Living Centre, 47 Kings Rd.
Carman, MB**

Come experience our Minds in Motion® weekly program which connects people living with early to moderate signs of dementia and their care partners through fitness, fun and friendship!

This 8-week program includes a gentle chair fitness class followed by engaging activities and conversation.

Join us to see if this is a fit for you!

For more information and to register, please contact:

Rebecca Atkinson

Regional Coordinator

204-325-5634

ratkinson@alzheimer.mb.ca



Alzheimer Society

MANITOBA

Dementia Care & Brain Health