

Minds in Motion[®]

A physical activity and brain stimulation program for people with dementia and their care partners.



Give your mind and body a boost!

Minds in Motion[®] is a program that combines physical activity, and mental and social stimulation for individuals experiencing early stage memory loss and their guests, usually a family member or friend. The two-hour once a week program runs for eight weeks and offers a great environment to establish new friendships with others who are living the same experiences.



Currently offered in the following areas:

- Brant
- Burlington
- Cayuga
- Hagersville
- Hamilton
- Simcoe



For more information, please speak with your counsellor.

☎ 1-800-565-4614

✉ help@alzda.ca