

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 living with early to mid-stage Alzheimer's disease or other dementias, and their care partners. The two-hour per week program runs for eight weeks and offers a great environment to establish new friendships with others who are living the same experiences.

Join us at Lanark Lifestyles Retirement Residence
240 Gore St. E, Perth ON
Thursdays 10AM-12PM
January 16th - March 5th 2020

Registration Deadline January 10th
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A program of

Alzheimer Society

delivered in partnership with



LANARK LIFESTYLES
RETIREMENT RESIDENCE



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