

# Minds in Motion®

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

## Give your mind & 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.

A program of  
**Alzheimer Society**  
NIAGARA REGION

delivered in partnership with



Ontario  
Trillium  
Foundation



Fondation  
Trillium  
de l'Ontario

An agency of the Government of Ontario.  
Un organisme du gouvernement de l'Ontario.



ONTARIO  
BRAIN  
INSTITUTE

INSTITUT  
ONTARIEN  
DU CERVEAU



Ontario

**Pre-registration required. No membership to YMCA required. Cost for 8 week session: \$40/couple. Please contact:**

Alzheimer Society of Niagara Region

**905-687-3914**

[www.alzheimerniagara.ca](http://www.alzheimerniagara.ca)

## Minds in Motion®

is listed as a recommended program for falls prevention through the Ontario Injury Prevention Resource Centre:

<http://www.oninjuryresources.ca/publications/item/fall-prevention>