

# 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 with early to mid-stage Alzheimer's disease or other dementias, and their care partners. This program runs once a week for 8 weeks offers a great environment to establish new friendships with others who are living with similar experiences.



A program of

**Alzheimer Society**  
MUSKOKA

Delivered in partnership with



### LOCATION

Bobby Orr Community Centre

~ Hart Room ~

7 Mary Street

Parry Sound, ON

### DATE

Wednesdays

Jan 14-Mar 4, 2026

### TIME

1:00 p.m. to 3:00 p.m.

### REGISTRATION FEES

\$20.00 (inc. HST) /person

*Participants can register at the Town of Parry Sound office at 52 Seguin St. 705-746-2101, or online at [www.parrysound.ca](http://www.parrysound.ca)*

To learn more, please contact:

Lynda Low

Minds in Motion Coordinator

705-645-5621 Extension 106