



Minds in Motion®

2024 健腦健身心



Jan to March

2024

Cantonese	Dates	Time
Wednesday	Jan 10th, 17th, 24th & 31st Feb 7th, 14th, 21st & 28th Mar 13th, 20th	2:00-3:00 pm
Thursday	Jan 11th, 18th, & 25th Feb 1st, 8th, 15th, 22nd & 29th Mar 14th & 21st	2:00-3:00 pm

Goal : Meet new friends while enhancing physical health and cognitive stimulation

Program: Gentle seated exercise and fun games

Location: ZOOM meeting

Facilitator : Loletta, Public Education Coordinator, R.E.A.C.H Project

Fee: Free program

For whom : Anyone 55+ welcome

Class size : 25

Registration/ Enquiry: Please call Loletta Yu at_905-726-3477 ext 234

or email: lyu@alzheimer-york.com

