

# Minds in Motion Workshop

Mondays

January 22 - March 12, 2018

(no class February 19, 2018)

Time: 12:00 - 1:30 pm

in Games room

Cost: Free - register at the front desk  
(7 weeks) full participation required



Presented by the Alzheimer Society of Toronto

For anyone with memory related issues

This workshop will include



- Light physical exercise
- Mental stimulation exercises
- New friendship connections

