



Alzheimer Society  
TORONTO

A wellness program for people living with Young Onset Dementia (under 65)

## Saturdays @ SPRINT Senior Care

SPRINT Senior Care brings to you a unique wellness program for people living with Young Onset Dementia (under 65) that focuses on physical and mental well-being of the participants.

Benefits of attending a wellness program:

- Opportunity to socialize and be physically active
- Engagement in choice of meaningful activities
- Input to plan opportunities to explore new interests
- Sense of belonging and support within a peer group



**When:** Every Saturday from Oct. 14th from 9:30am to 2:30pm

**Where:** SPRINT Senior Care Adult Day Program, 1 William Morgan Drive, Toronto

**Cost:** There is a fee to attend this program. Please contact us to learn more.

**Transportation:** Please call us to arrange.

### LEARN MORE & REGISTER:

Contact SPRINT Senior Care's Social Work Department:  
416-481-6411 ext. 225 or [info@sprintseniorcare.org](mailto:info@sprintseniorcare.org).

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