

## **NEW: ADULT COGNITIVE WELLNESS PROGRAM**



Adult Cognitive  
Wellness Centre  
Recreation Rehab Respite

Coquitlam



### **DEMENTIA FRIENDLY DAY PROGRAM**

A new **Day Program** option that focuses on organized cognitive stimulating activities in a group setting to reduce isolation for older adults with mild to moderate cognitive impairment.

At the same time, this program assists caregivers with respite & **offers caregiver support.**

*This is a partnership between The City of Coquitlam and ACWC.*

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**To register or for questions please call:  
778-549-6413 or email: [info@AdultCognitiveWellnessCentre.ca](mailto:info@AdultCognitiveWellnessCentre.ca)**

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#### ***Program Day & Location:***

*The Dogwood Pavillion in Coquitlam  
during Saturdays at 1:00pm - 3:30pm*

**[www.AdultCognitiveWellnessCentre.ca](http://www.AdultCognitiveWellnessCentre.ca)**