

Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT) is an 8-week lifestyle intervention program designed to support people living with dementia and their care partners. Each session includes:

- Group exercise and educational discussions on wellness topics.
- Opportunity for socialization.

	Winter 2025	Winter 2025	Spring 2025
Location	Virtual, hosted by A.R. Kaufman Family YMCA, Kitchener, ON	Virtual, hosted by Yee Hong Geriatric Centre	In person A.R. Kaufman Family YMCA, Kitchener, ON
Cost	Free	Free	Free
Dates	February 3 – March 31, 2025	February 4 – March 28, 2025	April 21 – June 16, 2025
Time	10:30 a.m. – 12 p.m. Eastern	10:30 a.m. – 12 p.m. Eastern	10:30 a.m. – 12 p.m. Eastern
Contact	Nidhi Sanghavi 519-824-5150 x 234 Email wellness@ytr.ymca.ca Visit the YMCA website to learn more.	Isabella Tong 416-412-4571 x 2609	Nidhi Sanghavi 519-824-5150 x 234 Email wellness@ytr.ymca.ca Visit the YMCA website to learn more.

Assessments will be completed before and after the 8-week program. Contact DELIGHT project manager Kassie Harker by email with questions: kassie.harker@the-ria.ca.