Schedule

DELIGHT
Dementia Lifestyle Intervention For Getting Healthy Together

Week	Session	Duration	Sessions
1	1	50 minutes	Physical Activity
		5–10 minute break	
		30 minutes	
	2	50 minutes	Physical Activity
		5–10 minute break	
		30 minutes	
2	3	50 minutes	Physical Activity
		5–10 minute break	
		30 minutes	
	4	50 minutes	Physical Activity
		5–10 minute break	
		30 minutes	
3	5	50 minutes	Physical Activity
		5–10 minute break	
		30 minutes	
	6	50 minutes	Physical Activity
		5–10 minute break	
		30 minutes	

DELIGHT is a collaboration between the University of Waterloo and the Schlegel-UW Research Institute for Aging (RIA).

UNIVERSITY OF WATERLOO

RIA Research Institute for Aging
Schlegel • UWaterloo • Conestoga

Schedule

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Dementia Lifestyle Intervention For Getting Healthy Together

Week	Session	Duration	Sessions
4	7	50 minutes	Physical Activity
		5–10 minute break	
		30 minutes	
	8	50 minutes	Physical Activity
		5–10 minute break	
		30 minutes	
5	9	50 minutes	Physical Activity
		5–10 minute break	
		30 minutes	
	10	50 minutes	Physical Activity
		5–10 minute break	
		30 minutes	
6	11	50 minutes	Physical Activity
		5–10 minute break	
		30 minutes	
	12	50 minutes	Physical Activity
		5–10 minute break	
		30 minutes	

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Schedule

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Week	Session	Duration	Sessions
7	13	50 minutes	Physical Activity
		5–10 minute break	
		30 minutes	
	14	50 minutes	Physical Activity
		5–10 minute break	
		30 minutes	
8	15	50 minutes	Physical Activity
		5–10 minute break	
		30 minutes	
	16	50 minutes	Physical Activity
		5–10 minute break	
		30 minutes	