The Alzheimer's Support Network
In partnership with Love Yoga
Is happy to present

Free Tai Chi for Brain Health

What: **Tai Chi Classes designed especially for people with brain change and their care partners**. (It will actually be **Qigong**, which is less to remember and easier for seniors.) **Everyone is welcome!**
Research studies show that Tai Chi and Qigong provide **proven benefits for balance and brain health.** Exercises can be done **standing or sitting.**

When: **Fridays from 1:00—2:00** **(except November 27)**

Where: 1421 Pine Ridge Road, Suite 230 on the second floor in the Alzheimer's Support Network Offices.
Or, you can **join from wherever you are by using Zoom Link:**
https://zoom.us/j/2392628388

Who: **For anyone who would like to come!** Check it out!

Taught by Sue from Love Yoga Center. Sue is a knowledgeable and vivacious teacher who makes the class fun!

No reservations necessary! Just come!

What else do I need to know? No charge! No experience expected. **Everyone is welcome!** Come when it works for you, **every time or once in a while**.

Please Note: *This is not a drop-off program. For each person with brain change, we would like a care partner to accompany them. You don't need to do the exercises, but you may watch or be somewhere in the building. It is something that will be **fun** to learn together in class and practice at home!*

Alzheimer's Support Network
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239-262-8388 **Help@support.network** **http://support.network**

All services are free of charge