



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

LOVE
YOGA

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 June 12 and June 19*

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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All services are free of charge