



**The Alzheimer's Support Network**  
In partnership with Love Yoga  
*Is excited to announce*



## 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: Every Monday starting February 2** (except February 16, President's Day) **from 1:00 to 2:00 p.m.**

**Where: 1421 Pine Ridge Road, Suite 230** on the second floor in the Alzheimer's Support Network Offices.

Or, you can **join from home using Zoom Link:**

<https://zoom.us/j/2392628388>

**Who: For anyone who would like to come!** Check it out! **Taught by Winter from Love Yoga Center.** She is excited to work with us! 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 Monday 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**  
1421 Pine Ridge Rd, Suites 100 and 230  
Naples, FL 34109

239-262-8388 [Help@support.network](mailto:Help@support.network) <http://support.network>

*All services are free of charge*