



**The Alzheimer's Support Network**  
In partnership with Love Yoga  
*Wants you to know*

**LOVE**  
**YOGA**

## **An UPDATE for Free Tai Chi for Brain Health**

For those of you who have taken advantage of this wonderful program and for those who would like to do so,

**We have an update to share with you!**

Our delightful instructor, Winter, is moving out of state! The last Monday class will be on April 13th. We will miss her, but wish her well! Thank you, Winter, for all that you have taught us!

Fortunately, Love Yoga is providing us with another wonderful teacher whose name is Sue. Classes will begin again weekly with Sue on **FRIDAY, April 24th** at 1421 Pine Ridge Road. Suite 230 at 1:00 p.m. We hope you will join us! The movements we do in these Qigong classes are gentle and help relax the body and mind as well as aid with balance and motion.

Exercises are done standing or seated and are appropriate for those with brain change, their care partners or anyone who wishes to join once or every week! *There is no need to make a reservation. All are welcome!* The best experience will be in person, but you may join from wherever you are using the Zoom link:

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



**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 <http://support.network>

*All services are free of charge*