

# Meditation & Tai Chi

For those caring for a loved one with Alzheimer's and other types of dementia



**All classes are at 6 PM on the first Thursday of each month. Onsite respite provided.**

**New York Memory Center, 199 14<sup>th</sup> Street, Brooklyn, NY 11215**

**Classes led by Qi Tao**



Caregiver Social Worker Megan Christ, LMSW  
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This program is supported by a grant from the New York State Department of Health.