



“Are you caring for a loved one with Alzheimer’s disease or a related dementia? Are you a current family member affiliated with the LIAD Center?”

CHAIR YOGA & MEDITATION FOR CAREGIVERS

Fridays, 10:15 - 11:15 am

February 7 - March 27, 2020



LONG ISLAND
**Alzheimer's
& Dementia**
CENTER

1025 Old Country Road
Suite 115
Westbury, NY 11590
www.lidementia.org

Registration Required - contact Melissa Katz, LCSW at (516) 767-6856 x.14
Must have a family member enrolled in the LIAD Center's programming