



COME JOIN US IN **JUNE/JULY** ON ZOOM

CHAIR YOGA FOR OLDER ADULTS AND CAREGIVERS

OFFERED IN FRENCH AND ENGLISH
1X PER WEEK FOR 60 MIN
CERTIFIED YOGA INSTRUCTOR



8-WEEK VIRTUAL CHAIR YOGA PROGRAM
OLDER ADULTS (60+) AND CAREGIVERS (18+)

ELIGIBILITY:

MILD-MODERATE DEMENTIA OR MILD COGNITIVE IMPAIRMENTS
MUST SIT COMFORTABLY FOR 60 MINS
SUFFICIENT VISION AND HEARING
HAVE ACCESS TO INTERNET

PARTICIPATION INCLUDES:

- ONLINE 30-45 MIN BASELINE ASSESSMENT
- 8-WEEK PROGRAM: 1X PER WEEK FOR 60 MINS
- ONLINE 30-45 MIN ASSESSMENT POST-PROGRAM
- OPTIONAL INTERVIEW FOR COMPENSATION POST-PROGRAM

Contact:

Katie at katie.bodenstein@mail.mcgill.ca
(416-826-2196) or

Paola at maria.lavingonzalez@mail.mcgill.ca