



Tai Chi Classes

The **NB Dementia Friendly Initiative**, in collaboration with Dr Gary Irwin-Kenyon, are offering a series of free virtual Tai Chi classes. We invite you to join us in learning how tai chi can have positive impacts on dementia.

This virtual Tai Chi class is open to all community members including caregivers and individuals living with dementia. This inclusive activity is an opportunity to network with others who may share similar experiences, to participate in dementia-friendly conversations and to reduce stigma around dementia.

When

Thursday, February 17th, 2022

Time

11:00am – 11:30am

Where

Zoom

Contact Samantha to register.

✉ shachey@nbanh.com

☎ **506-460-6262**

These Tai Chi classes are a seated program.

Please register by Tuesday February 16th, 2022.

Stay tuned for future classes.

Meet Gary



Dr. Gary Irwin-Kenyon is founding Chair and Professor, Gerontology Department, St. Thomas University, Fredericton, NB., Canada.

Gary is a teacher and practitioner of Tai Chi with more than thirty years experience. He designed a program, Tai Chi as Narrative Care, which he has been teaching for the past ten years to special groups, including residents in long-term care. He conducts workshops and seminars in Canada, The United States, Europe, and Asia.

He has authored, co-authored or co-edited six books, including his new book *Pathways to Stillness: Reflect, Release, Renew*. This book is a guide to finding your own journey to stillness that fits your life.

Learn more at PathwaysToStillness.org. Available for purchase at Indigo.ca, Amazon.ca and Audible.ca.