



Have a Seat

A Michigan Alzheimer's Disease Center program for everyone.

Have a Seat is a weekly guided meditation program that takes place virtually. Registration is not required, simply use the Zoom information to join each week. All you need is a computer to join the program online or a phone to listen.

If you would like to receive weekly reminders for the program, sign up at alzheimers.med.umich.edu/subscribe.

This program is part of the Michigan Alzheimer's Disease Center Wellness Initiative and is led by Laura Rice-Oeschger, LMSW.

For more information

Visit alzheimers.med.umich.edu/wellness-initiative or email Ashley Miller at acmil@med.umich.edu

*Practicing
alone,
together.*

2022

Virtually on Zoom
Thursdays
12:00 -12:30pm

Join by computer

Click Here

Join by phone

Dial 1-646-558-8656

Meeting ID:

975 5736 2948

Passcode: 128653