



SENIORS ENGAGEMENT
& EMPOWERMENT NETWORK

THE POWER OF MUSIC & YOGA: WEBINAR



In Collaboration with
Alzheimer's Society of Peel

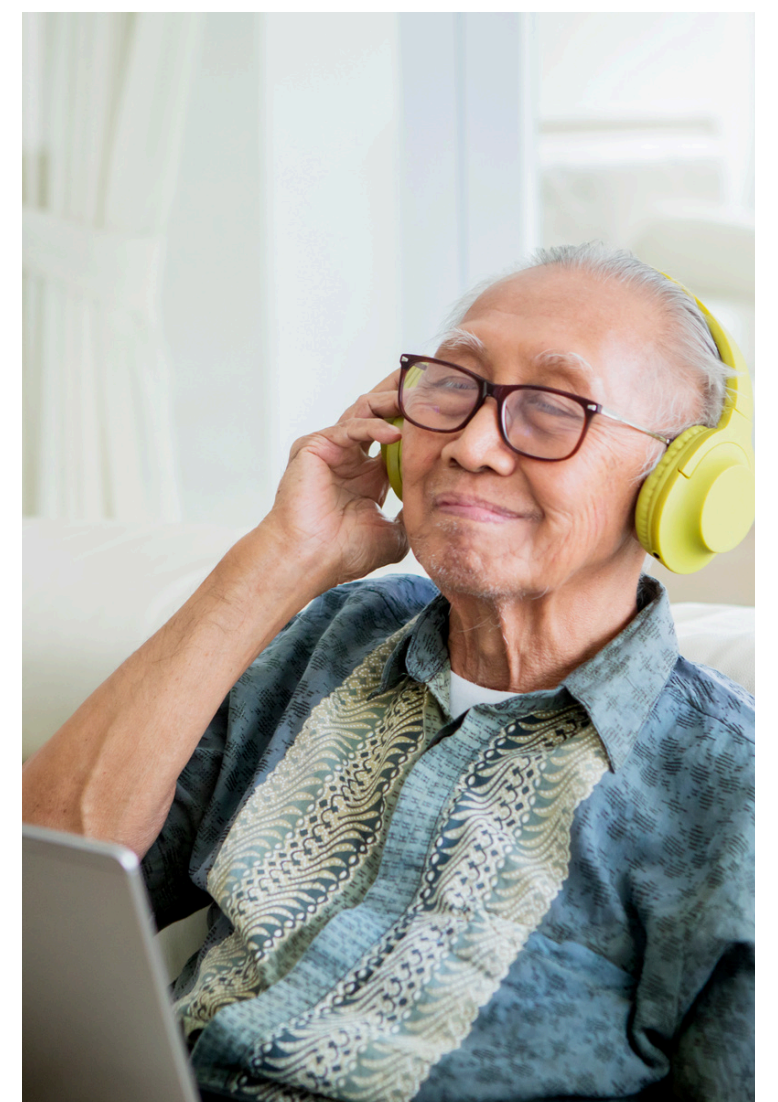


Alzheimer Society
P E E L

Wednesday, February 25, 2026 | 11:00 a.m. - 12:45 p.m.

Discover the Healing Power of Music & Movement

- Participants will learn how music and movements help reduce anxiety, tension, depression and stress, while boosting the immune system and increasing energy.
- Experience music and mindfulness followed by chair yoga to release negative feelings, stimulate memory and strengthen balance and coordination.



For information, please email:
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