



# HAVE A SEAT

A Michigan Alzheimer's Disease Center Program

## Practicing alone, together.

Have a Seat is a **FREE** weekly, online, guided meditation program. There is no registration required, just use the link below to join the meditation each Thursday at noon. To participate in this program, all you need is a computer to join via the web link or a phone to listen to the guided meditation. We ask that you keep yourself muted for the entire program and just listen to the meditation. If you have technical difficulties, please use the chat feature to ask questions and we will try to assist you.

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/](http://alzheimers.med.umich.edu/wellness-initiative/)  
Or email Ashley Miller at [acmil@med.umich.edu](mailto:acmil@med.umich.edu)

Thursdays  
12:00–12:30PM  
Virtually via Zoom

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### To join by computer:

[Click Here](#)

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### To join by phone:

Dial 1-646-558-8656

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Meeting ID:  
950 5477 1119

Passcode: 012970