

IRVING, Texas, April 23, 2015 / -- [Autumn Leaves](#), a leading residential memory care provider with more than 40 assisted living communities across the country, has launched its new "chair chi" exercise program for residents in all its communities as part of its unique resident engagement program called "So Much More."

Chair chi, a variation of tai chi chuan, is a gentle exercise program for people at all fitness levels and is ideal for people living with dementia because it increases cognitive function while promoting strength, balance and flexibility. Autumn Leaves is the first residential memory care provider to certify all of its life engagement managers to teach the chair chi program.

"Our 'So Much More To Do' pillar of this program is meant to keep residents engaged with their surroundings while maintaining movement, which is so key to their well-being," said Autumn Leaves Life Engagement Director Clair Jameson. "We know that exercise physically alters the brain in ways that help maintain cognition, reduces depression and stress, and aids with sleep problems common to those with dementia. Chair chi offers our residents a safe way to get moving while in a positive, social group setting."

This companywide exercise initiative was created by renowned tai chi chuan instructor Patrick Griffith to help people receive the benefits of tai chi in the comfort and safety of a chair. It is just one pillar in Autumn Leaves' "So Much More" resident engagement program that helps residents to live life to the fullest.

Other pillars in the "So Much More" program include artistic expression, spiritual support, community connections, continuing education and lifestyle/leisure. For more information, go to <http://autumnleaves.com/memory-care/life-engagement/>.

About Autumn Leaves

Family owned and operated Autumn Leaves® memory care assisted living communities are dedicated to serving those living with Alzheimer's and dementia. Autumn Leaves communities are committed to providing exceptionally high-quality care and research-based programs that allow for safe, secure, and active environments for its residents. An acknowledged leader in memory care, Autumn Leaves combines clinical expertise, knowledge of dementia, and heartfelt compassion to create the best possible care environment. Autumn Leaves currently operates more than 40 communities in six states with the ability to serve more than 1,800 residents. For more information, visit www.autumnleaves.com or call 888-662-8886.

About The LaSalle Group

Family owned and operated since 1990, The LaSalle Group Inc. designs, develops, builds, manages and owns more than 40 Autumn Leaves® memory care assisted living communities designed specifically for people with Alzheimer's and other forms of dementia, as well as other specialized real estate and businesses throughout the United States. For more information about its business lines, services, current projects and investment opportunities, please visit www.LaSalleGroup.com.

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Video - http://origin-qps.onstreammedia.com/origin/multivu_archive/PRNA/ENR/1306658-2_30-sec-Employees-and-Residents.mp4

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