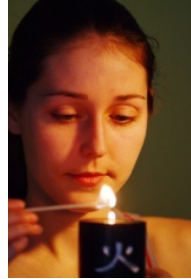


STRESS AWAY!

A Stress Relief Class

Presented by: Jenn Gonzalez



Are you feeling stressed?

Understand more about yourself and your mind and body's reaction to stress. When you cannot sense the present and you cannot connect to the future, life becomes stressful and difficult to manage.

In this SEATED CHAIR class, we will explore many different ways of handling stress. We will explore different breathing techniques to calm your nervous system, and we will experience gentle ways of stretching and releasing physical tension in the body. We will also explore guided relaxation techniques and short mindful guided visualizations to bring you back to the peace and stillness you are MEANT to feel.

Tuesday, January 22, 7pm

Online Registration Opens:

December 26

Out of District Online Registration Opens:

January 7

*Non-refundable Fee - \$3.50, (Check payable to "Hillside Public Library")
Checks Collected Outside the Program Room On The Day of Class*

Hillside Public Library
155 Lakeville Rd., New Hyde Park, NY 11040
(516) 355-7850, x301, 304; hillsidelibrary.info/events