

## Westchester Community Action Team

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# LET'S LEARN TO DE-STRESS AROUND THE HOLIDAYS!

Around the holidays we can feel more stressed with all the hustle and bustle along with family gatherings. This presentation will give you helpful tips to de-stress during times of anxiety and learn some easy and age friendly yoga moves.

Presented by Linda and Ashlee who represent BrightStar Care® of Chicago and La Grange as liaisons to these communities. Linda Kunicki, CMP is a seasoned professional focusing on aging in place and Ashlee Adelman is a RYT 200 with (YA) Yoga Alliance.

Wednesday, November 28, 2018

1-2 PM

Mayfair Recreation

10835 Wakefield, Westchester

Refreshments will be served – *Bring a friend*

Questions? Call Aging Care Connections at (708)603-2342.

*Aging Well Neighborhood is a program of Aging Care Connections*