



FREE WEEKLY  
PROGRAM

# westchester breathes

**Increase Your Resilience, Lower Your Stress**

Participate in a program of gentle movement, breathing and relaxation exercises that reduce the experience of stress and anxiety. Come to this program to learn simple, proven exercises that can have a positive impact on your health and well-being. Get ready for the next moment from a place of calm and clarity.

**Fridays 9:00AM, March 3 – May 26**

**Come when you can!**

**THIS IS A ZOOM PROGRAM**

**REGISTER AT:**

[bedfordfreelibrary.org](http://bedfordfreelibrary.org)