

FREE PROGRAM

westchester **breathes**

Increase Your Resilience, Lower Your Stress

BREATH-BODY-MIND™ (BBM) is a program of gentle movement, breathing and relaxation exercises that reduce the experience of stress and anxiety and increase a sense of calm and well being. These exercises are simple and evidence-based in their impact on an array of populations—including children, adults, and individuals with depression or PTSD.

Free classes are offered via Zoom.

Learn more and register for our weekly programs at
conversations.westchesterlibraries.org



**Programs are generally
45 minutes in length.**