

FREE PROGRAM

westchester breathes

Increase Your Resilience, Lower Your Stress

Experience a program of gentle movement, breathing and relaxation exercises that reduce 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