

*Recipient of the
2022 Dr. Harold Keltz
Distinguished Public
Health Service
Award*



Westchester Breathes: 12-hour Fundamentals Workshop – For you, for those you serve, and those in your care

The Westchester Breathes Fundamentals Workshop is grounded in the work of Dr. Richard Brown and Dr. Patricia Gerbarg and their Breath-Body-Mind Foundation. Learn simple movement and breathing exercises that are shown to reduce stress and anxiety, while increasing the sense of calm and well-being. This is especially relevant to care-givers and service providers because we often underestimate the impact and importance of our state of being for the people around us. **Two opportunities are available!**



Via Zoom, June 11 & 12, 9am-4pm – Register with QR code or go to tinyurl.com/5h6dwfze. Payments are made directly to the lead instructor via PayPal/Venmo/Zelle. \$250 before May 10. \$325 after May 10. **See discount below.**

REGISTRATION
CLOSED

WAITLIST ONLY

**Via Zoom, July 30 & 31 NY, July 30 & 31,
9am-4pm** – Register with QR code or go to tinyurl.com/ycxknt3j. Payments are made directly to the Westchester Library System via credit card. \$250 before July 8. \$325 after July 8. **See discount below.**



**SPECIAL
DISCOUNT.**

Are you a staff member at a Westchester nonprofit interested in bringing this trauma-informed resilience skill-building practice to your organization? Get a discount of \$100 on your registration cost.

Additional information:
conversations.westchesterlibraries.org/breathe

 **westchester**
LIBRARY SYSTEM

Empowering libraries. Empowering communities.