

**FREE WEEKLY
PROGRAM**

OFFERED
IN-PERSON

westchester breathes

Increase Your Resilience, Lower Your Stress

Participate in an **in-person** program of gentle movement and breathing exercises shown to have a positive impact on your health and well-being. Get ready for the next moment from a place of calm and clarity.

This free program is open to **Drum Hill residents & local community members.
For those who do not live at Drum Hill, please email your interest to*

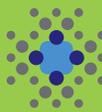
outreach@wlsmail.org

Drum Hill Senior Living Community
90 Ringgold Street, Peekskill – in the Penthouse!

8 Sessions • 10-11AM,
10/4, 10/11, 10/18, 10/25,
11/1, 11/8, 11/15, 11/22




DRUM HILL
Senior Living Community

 **westchester**
LIBRARY SYSTEM
Empowering libraries. Empowering communities.