

January 15
through April 1

**FREE WEEKLY
PROGRAM**

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. Find out more about these practices at conversations.westchesterlibraries.org/breathe.

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

outreach@wlsmail.org



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

Weekly sessions 2:30-3:30pm

Mondays

January 15 through April 1

DRUM HILL
Senior Living Community

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