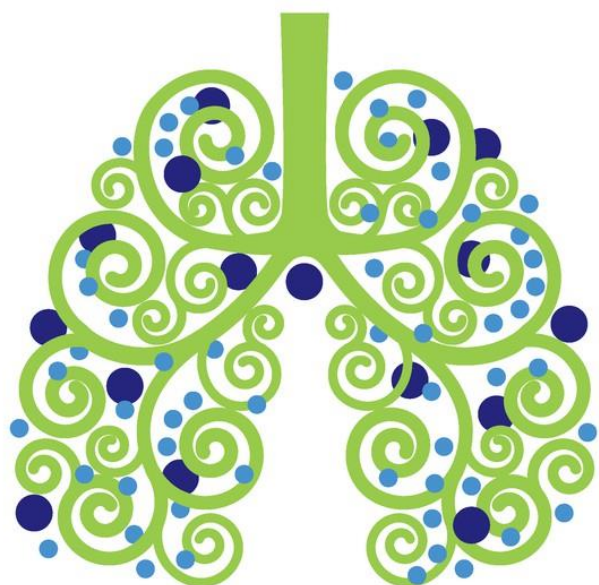




got Lungs?

*Breathe  
with us!*

# Westchester Breathes (Breath & Movement Practices)

**Thursdays,  
July 2, 9,  
16, 23**

11am-12pm,  
Conference  
Room

Get ready for the next moment from a place of calm and clarity. Participate in a program of gentle movement, breathing and relaxation exercises shown to reduce the experience of stress and have a positive impact on health and well-being.

To register go to <https://westchesterlibraries.libcal.com/event/17102925>