

# ACCESS RIDGEWOOD '16 SENIOR WORKSHOP “Emotional Wellbeing”

Friday, October 14, 2016

10am to 11:30 am

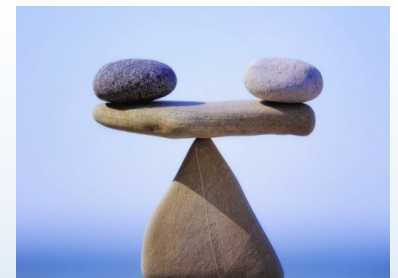
Anne Zusy Youth Center at Village Hall

131 N. Maple Ave, Ridgewood, NJ



Learn about the mental health issues of stress and anxiety that negatively impact our emotional wellbeing. Understand the causes, signs and symptoms, and ways to reduce stress and anxiety in our lives. This topic will be led by **Sheila Brogan, Geriatric Social Worker and Coordinator of the Eldercare Program for Children's Aid and Family Services.**

**Meena Modi, Meditation and Yoga Instructor,** will discuss Mindfulness, the practice of paying attention to what is happening in the present moment without judgment or reaction. Benefits of practice include acceptance, reduced anxiety/stress, and an increase in life satisfaction with a better quality of life.



The morning workshop will conclude with **Tammy Stuart, Licensed Massage Therapist,** discussing the therapeutic benefits of massage for the elderly, and its various physical and mental benefits, which results in the improvement of health and general well-being. A brief 10-minute massage will be available by licensed massage therapists to any participant interested.

RSVP to Deanna Schablik 201-670-5500 ext 301

Refreshments donated by Valley Hospital

Community Center  
Advisory Board



Co-Sponsored by:

Ridgewood Parks and  
Recreation Department

