Westchester Geriatric Mental Health Collaborative

Thinking Outside The Box Spring Forum Presents:

“Managing Stress
In The Midst Of Cultural Chaos”
Friday May 17, 2019 ♦ 10 am — 12:30
at the Greenburgh Public Library

Hear From Special Guest Speakers and Learn Some Simple Yoga Stress Reduction Techniques

Welcoming Remarks From Westchester Commissioner Mae Carpenter and Commissioner Michael Orth

Mayo Bartlett Esq. Civil Rights Attorney
Susan Brownbill-Vega Esq. Assistant District Attorney, Westchester
Dr. Andrew Bell Ph.D., Psychologist
Basia Kinglake Social Worker & Yoga Instructor

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