



CHAIR STRETCHING AND GUIDED MEDITATION

We will learn and practice stretches that you can do in a chair. To increase feelings of relaxation, energy, and overall well-being, the program also includes a guided meditation.

Presenter: Merryl Reichbach, LCSW, Program Manager of SHAREing and CAREing

FREE ADMISSION

**Thursday, May 16
3pm**

RICHMOND HILL

118-14 Hillside Avenue
(718) 849-7150

J Z to 121 Street
Q10, Q55, Q56

**Thursday, July 11
2pm**

SUNNYSIDE

43-06 Greenpoint Avenue
Long Island City
(718) 784-3033

7 to 46th Street/Bliss Street
B24 Q32 Q39 Q608

**Thursday, August 8
5pm**

WOODSIDE

54-22 Skillman Avenue
(718) 429-4700

7 to 52nd Street
Q18, Q32, Q60

**Thursday, November 15
1pm**

MIDDLE VILLAGE

72-31 Metropolitan Avenue
(718) 326-1390

Q29, Q38, Q54