



**LIVINGSTON
NEW JERSEY**

SENIOR, YOUTH & LEISURE SERVICES

Stress Management Workshop

April is stress management awareness month.

In recognition of National Stress Management Awareness Month, come learn meditation and relaxation techniques to integrate in your daily life.

You will...

- Cultivate a sense of mindfulness; of yourself, your surroundings and of other people in your life.
- Learn tools to approach a challenging day with calm focus, clarity and confidence.
- Learn how to respond to a situation instead of react to a situation.
- Cultivate a sense of purpose, gratitude, kindness and respect.
- Learn tools for stress and anxiety management.

Thursday

April 25, 2019

7–9 pm

**Senior/Community Center
204 Hillside Avenue**

Pre-registration required

Residents: \$5.00

Non-residents: \$10.00



Instructor

Ellen Robertson is a certified and experienced integrative health and wellness educator, speaker, and coach. As a stress management specialist, yoga therapist, and integrative nutrition health coach, she works one-on-one with clients, and leads workshops and group classes on mindfulness and other stress management techniques, nutrition, and leading a healthy lifestyle. She works with corporate clients as well as children, adults, and seniors. Ellen also works with Atlantic Health Integrative Medicine where she teaches stress management tools to pediatric and adult patients at Overlook and Morristown Medical Center.

Pre-registration required in person or online at livingstonnj.org/syls

Please call 973-535-7925, option 8 or email

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