

# Wellness Hour

At the NEW Elder's Center!

10:30am - 11:30am

Every Wednesday

This month's topic is **stress**. Stress causes countless adverse effects on our health. Stop by and learn how to safely reduce or eliminate stress, drug free!

## Featuring...

- Flexibility Exercises
- Balance Movements
- Resistance Training
- Nutrition Tips and Tricks
- Holistic Wellness Practices

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