

Stress Management, Stress Release

Presented by: Francine L. Suan, Certified Prana Yoga Teacher,
Certified Polarity Practitioner

David Feinerman, MSSW, Program Coordinator, Connect to Care

UJA-Federation of New York's
connect to care
The Jewish community at work for you



Date/Time: Tuesday, December 15, 2009 | 10am – 12pm

Location: Samuel Field Y

58-20 Little Neck Parkway | Little Neck, NY 11362

RSVP to: (718) 224-0566 or connect-to-care@sfy.org

Space is Limited. Advanced registration required.

This workshop is open to people of all skill and flexibility levels. Please wear comfortable clothing.

Workshop Description:

Does your heart race when you're in the reception area waiting for a job interview to begin?
Do you have obligations at home or at work that take a toll on your body and emotions?

We all of sources of stress in our lives.....

Come to this interactive session at the Y to learn great techniques to manage and release your stress when you just can't seem to let it go. This session will teach breathing exercises, stretching, guided relaxation techniques, and the power of laughter in stress release and reduction – all while sitting comfortably in your own chair! These are exercises you can do at your desk, on a bus, train or plane, or whenever you feel tension and stress creeping in.

Think that a piece of fruit can't help you release tension? Whether you come for the **Free Snack** or to mingle with others, come **learn how to eat an orange in 5 minutes.**

UJA-Federation of New York's Connect to Care is a multi-agency initiative assisting families who have been adversely affected by the economic downturn and provides assistance with:

Employment & Career Transition Services, Legal and Financial Consultations, Supportive Counseling & Jewish Spiritual Care.