

# reduce your stress - improve your health

learn how with Health Coaches Virginia Rodriguez Perlado & Samantha Sidari

Come join us for an inspiring and informative experience of self-discovery and transformation.

You'll learn how detrimental stress is to both your physical and emotional health, and how to reduce it; positively increasing your health-span through food, mindfulness and movement.

**WHERE:** Rye Recreation Center  
281 Midland Avenue, Rye NY

**WHEN:** Thursday, October 9<sup>th</sup> at 6:45pm

**COST:** FREE



PLEASE