

## Westwood for All Ages



*Westwood For All Ages March 29, 2021*

Spring is here and we are getting ready for a new beginning! Check out our line-up of April seminars below and register to attend at [www.westwoodforallages.org](http://www.westwoodforallages.org)!

A Presentation by Rev. Tim Dunn of the Christian Health Care Center, in association with Westwood for All Ages

Westwood for All Ages Invites you to participate in

## Foundations of Mindfulness

A virtual presentation on how to be more mindful in your daily practices and explore the benefits of meditation

*Join us on Zoom on April 5, at 3:00 pm*

Register at <http://westwoodforallages.org>



## **Immunity and Food:**

**How to harness the power of good nutrition**

**Virtual Seminar**

**WEDNESDAY  
APRIL 14  
3:00 PM**



Learn how to eat foods that will boost your immune system for longevity. We will also explore 5 Rules to follow to increase overall immunity.

# **HEALTHY BRAIN LIFESTYLE**

**VIRTUAL SEMINAR**

**PRACTICAL  
CHANGES YOU CAN  
MAKE TO KEEP  
YOUR BRAIN  
HEALTHY FOR THE  
FUTURE!**



**WEDNESDAY, APRIL 28  
3:00-4:00 PM**

Register at [westwoodforallages.org](http://westwoodforallages.org)

Presented by Maureen Braen, CDP, CPXP of Christian Health Care Center

*Creative Bergen presents*

# Arts Amble

2021

**JUNE 11-13TH**

*Want to Participate?  
Are you an artist?  
Do you have space to  
offer to artists?*

The Westwood Green Team & Celebrate Westwood are working together to showcase local talent during Creative Bergen's Arts Amble June 11-13th! Right now both groups are seeking artists to show their work at either the Westwood Public Library or in Veterans' Memorial Park.

- Are you an artist, craftsman or artisan that works with reclaimed materials? Do you repurpose old items into something beautiful, interesting or useful? Then you're the type of artist The Westwood Green Team is hoping to promote! Email them at [sustainableww@gmail.com](mailto:sustainableww@gmail.com) and check out their Facebook page at [www.facebook.com/westwoodgreenteam](http://www.facebook.com/westwoodgreenteam).
- Are you a painter, sculptor, musician, poet, author, performer or other creative type? Then Celebrate Westwood has a place for you! To submit your work for viewing in Veteran's Park, email [celebratwestwood@gmail.com](mailto:celebratwestwood@gmail.com) or fill out their Arts on the Avenues application at: <https://www.celebratwestwood.org/arts-culture>.

Both the Westwood Green Team & Celebrate Westwood are working to place artists/performers throughout the weekend. If you have any questions, please email either group or check out Creative Bergen's Facebook page at [www.facebook.com/creativebergen](http://www.facebook.com/creativebergen).



Copyright © 2021 Westwood for All Ages, All rights reserved.

Signed up online or in person

**Our mailing address is:**

Westwood for All Ages  
100 Madison Ave Ste 3  
Westwood, NJ 07675-1729