



MUSIC & MOVEMENT

At the Holland Street Center: 167 Holland Street

THURSDAY, JAN. 19, 2022

4:00 PM

MUSIC & MOVEMENT ENRICHMENT WITH STEVE

Join Steve as he plays guitar, sings and leads gentle body movements. Just tapping your toe or singing along can help move your body in new ways. Being physically active is not just good for our bodies, but it is also one of Mental Health America's 10 tools to building resiliency; or the ability to overcome obstacles and manage through tough times.

Physical activity can improve sleep, increase energy, decrease pain, boost immune systems and lower risk for stroke and cancers. It also helps to reduce anxiety, depression, stress and tension. Join Steve as he shows us that exercise can come in all different forms and movements.

*For more information call Phelan at 617-625-6600 x2315
or email phowell@somervillema.gov*