

Somerville Council on Aging

Music & Movement

Thursday, August 17th at 4:00pm

Holland Street Center: 167 Holland Street

Music & Movement Enrichment **with Steve Gintz**

Steve plays guitar, sings and leads gentle body movements while showing us that exercise can come in all different forms and movements. Just tapping your toe or singing along can help move your body in new ways.

Being physically active is not only good for our bodies, but is also one of Mental Health America's 10 tools to building resiliency by increasing happiness and reducing anxiety, depression, stress and tension.

*For more information, please contact Debby at 617-625-6600 x2321
or email dhiggins@somervillema.gov*