



Somerville Council on  
Aging Presents



# VIRTUAL REALITY EXPERIENCES

Studies have found that virtual reality can help reduce stress, decrease isolation, reduce pain and lower fall risk. Virtual reality is a 3D, computer generated simulation that is accessed through wearing a headset.

**Travel Experience:** Friday, May 9th at 11am - In this session, we will travel to different destinations and learn interesting facts about each place.

**Meditation Experience:** Monday May 19<sup>th</sup> at 2pm - Relax though guided meditation in a calm and serene virtual reality environment.

**167 HOLLAND ST  
SOMERVILLE, MA 02144**



**SPOTS ARE LIMITED. RSVP BY CALLING MOLLY AT 617-620-6600 EXT 2318 OR NATASHA AT EXT 2317**



Persons with disabilities who need ADA accommodations to access this program, please contact 311 (617-666-3311) in advance.

The City of Somerville can provide you with an interpreter in your language for free. To request an interpreter, please contact us at [somervillema.gov/ContactSomerviva](http://somervillema.gov/ContactSomerviva) or call 311 (617-666-3311) at least 7 days in advance of this event.