

The Somerville Council on Aging will host  
*Music and Movement Enrichment with Steve*



**Friday November 20<sup>th</sup> at 10:30am**

Join Steve as he plays guitar, sings and leads gentle 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 some kinds of pain, boost our immune systems and lower the risk for stroke and some cancers. It also helps to reduce our anxiety, depression, stress and tension.

Join Steve as he shows us that exercise can come in all different forms and movements.

Please RSVP to **Debby Higgins, Outreach Coordinator** at [dhiggins@somervillema.gov](mailto:dhiggins@somervillema.gov) or 617-625-6600 ext. 2321.

**You will then receive your email invitation to join the program via ZOOM.**