Wellness Wednesday's From The Kensington

At The Kensington Assisted Living Residence, we understand caregiving is not easy and we want to support you on this journey. Join us for our virtual, live, complimentary offering of Wellness Wednesdays as we support you finding calm, boosting happiness, and living your best life as a caregiver.

No experience necessary – all levels welcome.

***Tai-Chi to Relax Your Body and Mind**
1st and 3rd Wednesday of every month, 11:30am to 12:00 Noon, Beginning November 4th
Tai-Chi can improve relaxation and balance and help to reduce stress and joint pain. Through this slow and gentle movement Program, you will "spark" your body to promote circulation, increase flexibility and strength, and encourage wellness.
Instructor: Thomas Meade, 49+ years' experience practicing and teaching martial arts including Tai-Chi and founder of Healing Hands, organization providing therapeutic recreation to adults and seniors. Tom has over 30 years' experience as a Therapeutic Recreation Director and Consultant.

***Gentle Yoga – For Those New to Yoga or Yoga Veterans.**
2nd and 4th Wednesday of every month, 1:30 to 2:30pm, Beginning November 11th.
Yoga builds strength while reducing stress, improves flexibility and betters bone health. Gentle Yoga at the Kensington includes traditional Yoga postures and stretches, calming breathing techniques, meditation and deep relaxation to improve immunity, increase stamina, and bring calmness to your life. You can even do this class in a chair!
Instructor: Cheryl Aiello, PYT, CHHC, owner and founder of Yoga Heart and Health, 19+ years' experience teaching Yoga, Certified Yoga Teacher, Professional Yoga Therapist, Certified Shiatsu-Thai Yoga Massage Practitioner, Board Certified Holistic Health Consultant.

RSVP for each program above, online at:
www.TheKensingtonWhitePlains.com/events.

*Please consult with your physician or healthcare specialist before beginning any exercise program.

THE KENSINGTON
An Assisted Living Residence
WHITE PLAINS

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