

# AMERICAN ASSOCIATION OF RETIRED ASIANS

## SUCCESSFUL

## STRESS MANAGEMENT



### JOIN US FOR A SESSION OF RELIEVING STRESS

Age and stress: Retired, unemployment or new roles can trigger stress and health issues. Stress Management to technique can help you learn to manage and lessen these anxieties.

### Can't sit on the floor?

With seated yoga, the numerous benefits include increased strength and flexibility, improved circulation, and experience with breathing and relaxation techniques. Our program offers meditation and 10-15 minutes of seated stretching and deep breathing help to maintain or build strength and flexibility while relieving the stress and tension associated with sitting too long. It is design to help release tension, relieve stress, re-energize and improve productivity at wok.

**When: First & Third Saturday of the month  
11:00 AM -12:30 PM**

**Where: 380 South Schmale Rd. Suite 204  
Carol Stream, IL 60188**

**For Information Please Call:**

**Tasneem Matthis 630-873-9909 or 630-803-8130**

