

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



**Thursday, November 18th at 4:00pm in Person
at the Holland Street Center**

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.

**Participation is limited and face masks will be required
Please RSVP to Debby at
dhiggins@somervillema.gov or 617-625-6600 ext. 2321.**