

Community Connections Presents...

## A Relaxation Series

Join us for a four week series to reduce stress and relax the mind with instructor J. Jennifer Halpert. The classes will consist of meditation and non-strenuous restorative yoga poses. Injuries can be accommodated.



When: June 4, 11, 18 and 25 from 6:00 - 7:00 P.M

Where: Staten Island CSU, 1688 Victory Boulevard, Staten Island, NY 10314

- Wear comfortable clothes. Yoga mats will be provided.
- Open to all FDNY and EMS members and their families!
- You do not need to attend all four classes.

Space is limited. RSVP required for each class to Laura Garvey at [garveyl@fdny.nyc.gov](mailto:garveyl@fdny.nyc.gov) or 212-570-1693, ext. 380.

*This program is supported by a September 11 recovery grant from the American Red Cross Liberty Disaster Relief*



**Community Connections**  
A program for active FDNY members, EMS personnel, their families,