



# BODY MIND RESET

## “WELLNESS WITHOUT LIMIT”



### 6 Weeks to reset your body and mind!

Join our comprehensive 6-week Health & Wellness Program designed especially for older adults who want to feel stronger, safer, and more energized in their daily lives. Each week, we focus on key areas that support healthy aging and overall well-being.

### Where and when:

#### Grand Island Senior Center

3278 Whiteheaven Rd

NY 14072

Phone: 716-773-9682

#### Date and time:

July 23rd (Thursday) to August 27

Time: 1:00 PM-2:30 PM

This supportive and welcoming program is designed to help older adults to reset, recharge, and regain confidence—both physically and mentally.

- ✦ Improve your strength
- ✦ Enhance your balance
- ✦ Nourish your body
- ✦ Refresh your mind

### Regular Exercise

🏃 Exercise – Participate in gentle, guided exercises that build strength, flexibility, and confidence at your own pace.



### Healthy Eating

Nutrition – Learn how to fuel your body with balanced meals that boost energy, strengthen immunity, and support healthy aging.



### Practice Mindfulness

Explore techniques to reduce stress, improve mood, and keep your mind active and engaged.



More Information:  
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