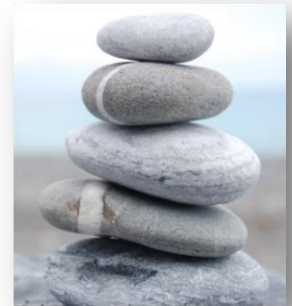


Take Comfort in Stress Less

The Baker Family Emotional Health and Wellness Center invites you to join us for **Stress Less**, a Stress Reduction Workshop designed for people who are Deaf and Hard of Hearing to empower your capacity for balance, ease, and peace of mind in your life.

Through the practice of mindful living and mindfulness meditation, you will have the opportunity to cultivate your sense of well-being, confidence and creativity.

Sessions meet weekly every Tuesday from 6:15 to 7:30 PM. The cost of a 6-week series of **Stress Less** workshops is \$120. Please dress comfortably.



Please join us in our newly renovated space which is made accessible through assistive technology and ASL fluent staff.

50 Broadway, 6th Floor • Tuesday, January 19, 2016

Space is limited so reserve early by contacting Jeff Wax, LCSWR, at 917-305-7739 or JWax@CHChearing.org. Jeff, who will facilitate the sessions, is happy to answer your questions.