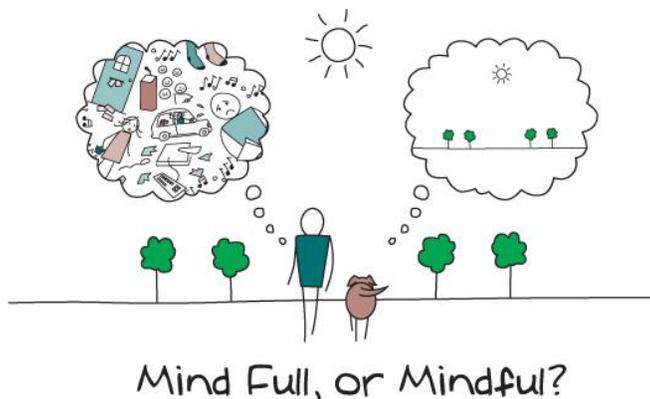


Somerville
Council on Aging
presents



Painting to Music:
Mindfulness and Stress Management

What: Connect with your creative side. Learn more about the benefits of mindfulness. Music will assist in creating a focus and a way to express connection to pleasant memories and thoughts.

Where: Holland Street Center, 167 Holland Street.

When: Monday, April 13th at 10:00 a.m.

Price: Free.

Please contact Janine Lotti at (617) 625-6600, ext. 2300 for more information or to register.