Rethink Aging


Learn holistic training methods including yoga, tai chi and meditation to lead a healthier, longer, more purposeful life. This year Ann Wheeler is offering energy evaluations. Come between 6:30 pm—7:30 pm. Ms. Wheeler has an Aura Com that reads the bioenergy of your hands and then an image comes up on her lap top with your stress levels and vitality levels and where you hold your stress. Then she will give you a customized exercise plan based on your evaluation. Also, at each meeting she will share some self-care exercises.

**Meeting Dates**

- **Tuesday, March 10, 2020** 6:30 p.m.—7:30 p.m. Meeting Room A
- **Tuesday, April 14, 2020** 6:30 p.m.—7:30 p.m. Meeting Room A
- **Tuesday, June 9, 2020** 6:30—7:30 p.m. Meeting Room A
- **Tuesday, July 14, 2020** 6:30 p.m.—7:30 p.m. Meeting Room A
- **Tuesday, August 11, 2020** 6:30 p.m.—7:30 p.m. Meeting Room A
- **Tuesday, October 13, 2020** 6:30 p.m.—7:30 p.m.—Meeting Room A

Ann Wheeler from Body & Brain Yoga and Tai Chi will present a series of one hour workshops on a monthly basis here at the Wayne Public Library. Learn stress management, heart health and joint health self healing tools for your daily life. **All classes are free.**