

Please join us for

Stress Management



with

Bill Wright, CTRS

Community Outreach Liaison
Bergen New Bridge Medical Center

WEDNESDAY, JANUARY 14, 2026 • 1pm

This presentation will introduce participants to practical stress management techniques, including deep breathing and progressive muscle relaxation, to help promote calm and well-being as well as reduce tension and enhance relaxation in everyday life.

Age-Friendly Teaneck Community Room

1425 Teaneck Rd, Teaneck, NJ 07666

Parking is available at the municipal lot at 1391 Teaneck Rd, entrance near Beveridge St.

RSVP:

201-530-6756 or info@agefriendlyteaneck.org.

Add "Stress Management" in the subject line when you RSVP.

