

AmeriCorps Seniors RSVP & The Harmonetiks Project

Easy Breath Transformational Living Program for Volunteers



As the flight attendants will tell you pre-flight on an airplane, "put on your own oxygen mask before helping others." The same is true for volunteering. While the act of volunteering offers many health (both mental and physical) benefits, it is important that you build in time and practices to care for your own self before, during, and after helping others. It is also important to recognize how volunteer service can add meaning and purpose to your life.

Join us for a **FREE** comprehensive six-week initiative designed to enhance physical, mental, and emotional well-being of volunteers/would be volunteers through the integration of breath awareness and the principles of "The Harmonetiks Project" methodology.

Six consecutive Thursdays from October 3rd -November 7th

11:30 am -2:00 pm

A Chance in Life, 1100 Castleton Avenue, Staten Island.

TO REGISTER

Email: AmeriCorpsSeniorsRSVP@cssny.org

Call: 212-614-5513

or scan here:

