

Kensington Park Senior Living Invites You

New Year, New You: Wellness Wednesdays

3620 Littledale Rd, Kensington, MD 20895

Every Wednesday onsite at 2:30pm

RSVP to Brooke at bballenger@kensingtonsl.com



Wednesday, January 10th

Managing Stress Lecture

**Stephanie Johnson, DACM,
LAC, MD**



Wednesday, January 17th

Balance in Action Class

Kevin Lorello, PTA



Wednesday, January 24th

Chair Yoga & Meditation

Ashish Dashottar



Wednesday, January 31st

Aging Gracefully

**Isa Carrizales, RD, LDN, from
Giant's Healthy Living Team**