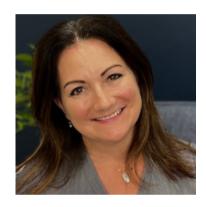
Kensington Park Senior Living Invites You

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

<u>Managing Stress Lecture</u>

Stephanie Johnson, DACM,
LAC, MD



Wednesday, January 17th

<u>Balance in Action Class</u>

Kevin Lorello, PTA



Wednesday, January 24th
Chair Yoga & Meditation
Ashish Dashottar



Wednesday, January 31st

<u>Aging Gracefully</u>

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