

# Creative Aging: Spring Into Wellness

## Virtual Programming

**Tuesdays, February 18<sup>th</sup> to April 22<sup>nd</sup>, 2025**

**Time: 11:00am to 12:30pm**

**Virtual Programming via Zoom**

**With Jocelyn Cruz - At Ease Collective**



*Sessions will include an educational talk, as well as an interactive component.*

### **Session 1: At Home Self-Massage**

Learn the basics of massage for physical and mental stress relief, to administer on yourself from the comfort of your own home. This week's session we will focus on the use of pressure points to provide release.

### **Session 2: Ayurvedic Cooking Class: Fruits!**

Did you know that the suggested Standard American Diet is not all that healthy for you? Learn about a plant-based leaning diet that will keep you warm and help keep your system clear going into the Spring, right from where you are. This week we'll explore creative cooking with fruits!

### **Session 3: Healthy Sleep Habits**

Have you ever found yourself having more trouble sleeping in the Winter season? Are you a light sleeper? Do you find it hard to wake up in the morning? This session will teach you healthy habits to help you fall asleep with ease, and how to use your sleep as a tool to keep your body functioning at its highest levels.

### **Session 4: Diabetes Prevention**

For the most part, there are choices we can make in our health to keep diabetes at bay. From the foods we eat, to the activities we engage in, you will leave this session with a new awareness for how to prevent diabetes for yourself and others, and how to enjoy the "sweeter things in life" without guilt!

### **Session 5: Chair Yoga**

We feel wonderful when we move our bodies. In this session we will explore the benefits of yoga and keeping the lymphatic system moving and support the lungs and airways for the coming Spring season. Come and explore moving your body in a way that will keep you warm and feeling strong, all while sitting in a chair!

**Services for Older Adults – 1743 86<sup>th</sup> St. 11214 - 718.230.2442**

Creative Aging programs at BPL are made possible with support from The Sills Family Foundation; Wallerstein Foundation for Geriatric Life Improvement; Jean and Louis Dreyfus Foundation; The New York Foundation for Eldercare; Apple Bank, celebrating over 25 years in Brooklyn and 160 years of neighborhood banking in greater New York (Visit [applebank.com](http://applebank.com) for more information); and several BPL Friends Groups, private funders, and volunteers.

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### Session 6: Cancer Prevention Awareness

The “C” word can be scary and even intimidating for some people. In this session, you’ll learn a little bit about what Cancer is, and how to use holistic methods to increase your health, and how to support yourself in better preventing a future diagnosis.

### Session 7: Ayurvedic Cooking Class: Vegetables!

We can all prevent disease and fight infections using a simple yet powerful medicine—food. Learn about a plant-based **leaning** diet that will keep you warm and help keep your system clear going into the Spring, right from where you are. This week we’ll explore creative cooking with veggies!

### Session 8: Mindfulness Through Sound

As we move into the Spring season, we will hear an emergence of beautiful sounds like birds, wind chimes, snow melting, and raindrops against our window. In this session, we will learn how to tap into the power of sound to help us alleviate stress, and to discover being in the present moment.

### Session 9: Practices for Virus Prevention

We all know that the transition from Winter to Spring means- allergies, and flu season! There are many ways we can alleviate allergy symptoms and strengthen our immune system to prepare us for the Spring season. In this session, we’ll learn tips, tricks, and tools for how to best support ourselves to be healthy and well during allergy and flu season!

### Session 10: Managing the Stress Response

Why do we get stressed? What does it mean when we are stressed? Learn about the stress response in this week’s session and come and find out ways to best manage stress when it inevitably comes up for you, and how to keep yourself grounded during this transition into Spring!

**Registration Required.** To register, please visit: <https://www.bklynlibrary.org/outreach/older-adults>

Zoom link will be sent by 10am the morning of the program.

For more programming information, please email: [jvigo@bklynlibrary.org](mailto:jvigo@bklynlibrary.org)



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