

JANUARY NEWSLETTER

Helping People Help Themselves Learn and Grow

visit communitycenterna.org and follow us on
facebook.com/CommunityCenterofNorthAttleboro/

The best resolution is
to make yourself happy

NEW YEAR, IMPROVED ME!

Ring in the New Year with classes from
the Community Center!

Healthier Habits
Art, Fun and Relaxation
Finances in Shape



Website - classes



Facebook



Think about your resolutions!
read what others are thinking.

<https://www.communitycenterna.org/news>

See the descriptions: <https://www.communitycenterna.org/classes>

Meet the teachers: <https://www.communitycenterna.org/meetteachers>



Health & Wellness

Looking to relax and de-stress?

Meditation

Yoga

Meditative Drawing

Chair Yoga

Reiki & Energy Healing



Programs, Classes, Events

As always in the new year, we seek to improve ourselves. We have 3 ideas here to get you thinking and moving.

- The first is a happiness challenge. "The Good Life"
- The Joy Workout
- Mental, social, and spiritual health are as important as physical health and are deeply interconnected

<https://www.communitycenterna.org/news>

The HEART & SOUL of North Attleboro

Connecting with the North Attleboro community

ABOUT US

Community Programs have both general appeal and are designed to engage with specific audiences. Events are planned for indoors and outdoors.








Learn more <https://www.communitycenterna.org>



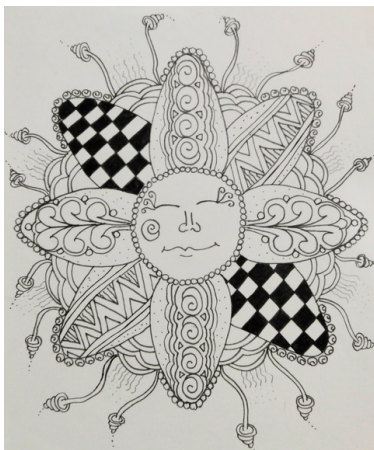
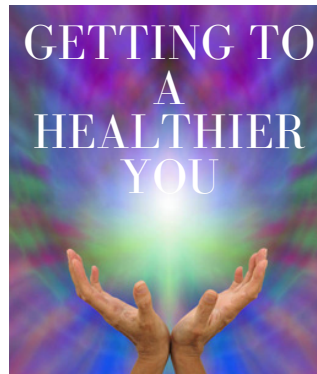
All are Welcome!
We are interested
in meeting you
and connecting
you to our
Community
Center.

Looking to relax and de-stress?

7 BENEFITS OF MEDITATION

-  Reduces stress and anxiety
-  Strengthens the immune system
-  Improves sleep quality
-  Improves focus and concentration
-  Enhances problem solving abilities
-  Improves quality of life
-  Improves heart health

Michelle Provencale brings
classes in meditation, reiki &
crystals.



Zentangle® is an easy-to-learn, very relaxing, and fun way to create beautiful images by drawing structured patterns.

Its meditative qualities increases focus and creativity and provides an increased sense of peace and personal well being. Classes are taught by **Certified Zentangle® Teacher Cindy O'Brien**. She teaches many kinds of art classes for adults and kids.



YOGA CLASSES



YOGA

Adult Yoga
Chair Yoga



Promote better posture and body awareness

Improves flexibility

Improves balance

Helps with stress relief

May reduce anxiety

Improves mental health

Likely increase strength

Social Media

FB

Instagram



relax and de-stress

need a diff color
background for this

communitycenterna.org
104 N. Washington St., No. Attleboro

BENEFITS OF YOGA

Teachers:
*Michelle
Provencal,
Nikki Leal &
Bonnie O'Neill*



Building Financial Literacy - For All Ages

When it comes to finances, how much do you know?

If you're like most people, you may know little about personal finance.
Our Monday classes will help you to learn more!

Information for all Ages		
Age Group	Topics	Time
65+	Preservation & distribution	1:00 - 2:00 pm
15-24	Paying Debt, Savings, Debit Cards	5:00 - 6:00 pm
25-55	Take control of your Finances	7:00 - 8:00 pm

Click here for class
descriptions and dates

Website - classes



How Money Works

Instructor: Jason Hawkes, from Primerica

Community Center
communitycenterna.org

508- 463-7876

104 N Washington St., No. Attleboro