

Livable Communities Age-Friendly Collaborative Presents:

# Vibrant Aging: Reducing Stress for a Healthy Life

Thursday, June 6, 2024

10 a.m. to 12 p.m.

Westchester Community College, 75 Grasslands Rd, Valhalla, NY 10595  
Gateway Center, Davis Auditorium

**Guest Speaker: Myra Oney**

Myra Oney is a Certified Holistic Health Coach, Brain Longevity Specialist and Reiki Master Teacher with over ten years in private practice. She is a co-creator of the Stay Sharp small group program for Sharp Again, and is currently the lead coach in that program.

The program will address managing stress and brain health.  
It will include a guided meditation.

**For more information, contact Jennifer Crawford at  
(914) 813-6263 or email at [jqsu@westchestercountyny.gov](mailto:jqsu@westchestercountyny.gov).**



George Latimer, County Executive  
Mae Carpenter, Commissioner  
Department of Senior Programs and Services

