



Let's
Keep
Talking

STOP ^{THE} STIGMA

Relieving Stress through Laughter

with **Robert Rivest**



Family Night!

For all ages!

Interactive!

Free!

Thursday-January 19, 2017

(Snow date - February 2nd)

6:00 - 7:00 pm

Ellington Senior Center

40 Maple Street, Ellington

How we handle stress affects every part of our lives. Laughter is an effective stress relief for all ages and abilities. Robert Rivest is an internationally admired performer and teacher. He will help us take a humorous look at modern day stress and teach us what we can do about it.

Bring the family and learn to laugh the winter blues away.

Sponsored by Ellington Youth Services and DPYC

Any questions, contact Youth Services at 860-870-3130

or email dstauffer@ellington-ct.gov

Youth.ellington-ct.gov

