

Senior Citizens Club in Pulawy on Relaxation Training

The "Strength is in Us" project is dedicated primarily to seniors - recipients of informational, educational and individual specialized support activities. Several groups of seniors also took part in a training session to help maintain a balance between the demands of daily life and the need for regeneration and inner peace.

Participants of the Senior Citizen's Club operating at MOPS in Pulawy headed to the Homestead Settlement on a frosty January morning to participate in inspiring activities away from their daily challenges. The professionally conducted workshops were aimed at reducing tension and fatigue, strengthening stress control by providing the knowledge and skills needed to do so. We hope that these goals were achieved, judging by the reactions of our seniors 😊.

Many thanks to all participants for their participation and commitment. We wish you as much strength as possible to overcome difficulties and adversity.