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## Relief is at Hand for Norwalk Seniors

(Norwalk, CT) Can relief for pain and stress be at the tip of your fingers? Members of the Norwalk Senior Center had a chance to find out for themselves today. Dr. Brian Yomtov taught them simple self-help pressure points, stretching, movement, posture and breathing techniques to fight physical and emotional stress, pain and fatigue.

Highlights of the program included a discussion about what health is, and what one can do to help themselves. Seniors also learned, self-help acupuncture point, breathing exercises, techniques on improving their posture and the importance of exercise and stretching.

Dr. Yomtov also shared simple techniques and exercises that will improve health and well-being. Some of his tips include: stretching to relieve tension while they are seated and maintaining proper hydration or in other words drink plenty of water.

"It is always a wonderful experience to share information and educate senior citizens about health and wellness. If one person feels better and has learned something from my presentation then it was time well spent. I am honored to be a guest at the Norwalk Senior Center," stated Dr. Brian Yomtov.

The Norwalk Senior Center is committed to bringing the best of health and wellness programs to its members. "We are dedicated to keeping our members active and fit. We work collaboratively with organizations and service providers to enrich and improve the quality of life for mature individuals and their communities. We would like to thank Dr. Yomtov for volunteering to share his time and knowledge with our members. They loved it and it was wonderful!" stated Debbie Cole, Program Director, Norwalk Senior Center.

Dr. Brian Yomtov is a board certified Chiropractic Physician, Clinical Acupuncturist and Applied Kinesiologist. His practice, Advanced Chiropractic & Wellness, LLC has offices in Norwalk and Stamford. For more information, log on to [www.drbrianyomtov.com](http://www.drbrianyomtov.com) or call 203.316.8477.

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### Caption

Dr. Brian Yomtov, Advanced Chiropractic & Wellness, LLC leads a group of Norwalk Senior Center members in an exercise to improve their posture and strengthen their muscles at a recent workshop he conducted entitled *Relief for Pain and Stress is at Your Fingertips*.