



Felician Village

1635 S. 21<sup>st</sup> Street ♥ Manitowoc, Wisconsin 54220-5652  
T (920) 684-7171 F (920) 684-0240 ♥ [www.felicianvillage.org](http://www.felicianvillage.org)

## FOR IMMEDIATE RELEASE

### Felician Village offers yoga and aromatherapy class

MANITOWOC, Wis. (June 5, 2018) - Felician Village will be offering a free class, Mindfulness: Yoga and Aromatherpy, on Wednesday, June 13, at 6 p.m. at Felician Village, 1635 S. 21<sup>st</sup> Street, Manitowoc. To reserve a time please call 920-684-7171, ext. 329.

Whether you are a caregiver or just lead a busy life, learn powerful and simple habits to enhance your physical and emotional health to help manage stress and anxiety. The class is presented in partnership with Theresa Falvey, owner of State of Grace - Mind, Body & Spirit, LLC.

Falvey is a Manitowoc native who holds the following certifications:

- Transformational life coach
- Certified yoga instructor
- Reiki master/teacher
- Nationally certified massage therapist

For a complete list of 2018 caregiver classes, please visit [felicianvillage.org](http://felicianvillage.org).

Pictured included: Theresa Falvey, owner of State of Grace - Mind, Body & Spirit, LLC.

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### About Felician Village

Felician Village, a continuing care campus, has been providing housing and services for seniors through rehabilitation, independent living, assisted living and long-term care for more than 130 years. Felician Village is a Catholic organization that welcomes people from all faiths.

### Contact

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