



Empowering you to live at home  
in the City and County of Peterborough

## SESSION D

### Practice 7 Ways to Feel Calm, Less Stressed and Enjoy Better Sleep

**Sheila Cook, *Community Care Peterborough***

Test drive a variety of simple ways to reduce stress and anxiety so that you feel physically, emotionally and mentally stronger.

#### **About the Host:**



Sheila Cook, BSc Kinesiology

Sheila is currently the Exercise and Wellness Program Coordinator at Community Care Peterborough. She combines her background in Kinesiology and as a life coach, with experience teaching exercise, yoga, cooking and meditation classes to ensure everyone has fun while getting lots of physical, mental and cognitive benefits. Previously she worked with some of Canada's leading healthy aging researchers as a workshop facilitator, community liaison expert and project manager. She loves spending time outdoors gardening, sailing, hiking and cross-country skiing.