

# Save the Date!

## **Taking Care of your Mental Health During COVID**

**April 26 from 11am -12pm**

Led by: Angela Root, MSW

## **Healthy Eating for One**

**April 12 from 10am:-11am**

Led by: Pamela Rosow, Dietician

## **Managing Chronic Pain**

**April 5 from 11am-12pm**

Led by: Eileen Rydel, RN, MSN – Hospice Director

## **Balance Class**

**Tuesdays, April 6 - May 18 from 1-2 pm**

Led by: Ruth Ellen Gwazdauskas

## **All classes will be held at:**

**Washington Senior Center  
6 Bryan Hall Plaza, Washington Depot, CT**

**FREE and open to the community!**

**Email [jgeiger@foothillsvna.org](mailto:jgeiger@foothillsvna.org) for more information.**

