

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 for more information.

