

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!

**For more information,
email jgeiger@foothillsvna.org or call (860) 397-9480**

