Good Nutrition and How We Feel are Tied Together & Healthy Cooking for One

April 12 from 10am-11am

Led by: Pamela Rosow, Dietician of Visiting Nurse & Hospice of Litchfield County

Taking Care of your Mental Health During COVID

April 26 from 11am -12pm

Led by: Angela Root, MSW of Visiting Nurse & Hospice of Litchfield County

WHERE: The Washington Senior Center
6 Bryan Hall Plaza, Washington Depot, CT

FREE and open to the community

For more information, call 860-397-9480 or jgeiger@foothillsvna.org