

Save the Date

Bend & Stretch Class

Bethlehem Memorial Hall

10 The Green, Bethlehem, CT

Fridays 3/15 - 5/10/24, 10-11 am

This course aims to enhance strength, circulation, balance, and wellbeing. The class is open to the community, and for more information, please call (860) 397-9480.

The class is provided by the
Visiting Nurse & Hospice of Litchfield County



Free and open to the community

