

WELLNESS CONNECTIONS

Join us for monthly Wellness Connections classes, where we will provide opportunities for individuals and their caregivers to work toward healthier lifestyles. Classes to include cooking, shopping, menu planning, physical activities...and your ideas!

WHEN: 2nd Thursday of each month, beginning June 14, 2018

TIME: 3:30-4:30 PM

WHERE: HCBDD Support Services Building

306 S. Norwalk Rd. West, Norwalk

Coordinators: Carla Rospert, RN, Nurse Educator
Jaimie Perry, Community Integration Manager
Rebecca Riley, Community Integration Specialist
Therese Taylor, Community Integration Specialist
If interested, call 419-668-8840 to sign up!

