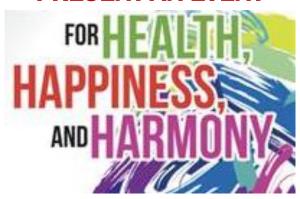
The East Haddam Senior Center and Visiting Nurses of the Lower Valley

PRESENT AN EVENT



Date: Saturday, May 14, 2016

Time: 10:00am to 1:00pm

Location: East Haddam Senior Center

15 Great Hillwood Road, Moodus, CT

The "H-3" factor is a key component to balanced living. Mental, physical and spiritual aspects of life directly impact your Health, Happiness and Harmony.

This event will provide timely and important information and guidance for you to create your own path to Health, Happiness and Harmony.

There will be informative presentations addressing mental health and physical well-being.

Lunch will be available for a nominal charge.

Proceeds will benefit the Senior Club at the center.