

# **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.