

Beat the Winter Blues

Wednesday, January 29th 6:30 pm

Winter is tough. It's cold, dark, and no one wants to go out in the weather. This lack of activity and socialization can lead to the winter blues. Discover ways to stay positive and engaged this winter.

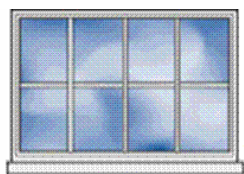
Registration requested.



Health and Wellness



Dr. Nicole Klughers
Naturopathic Physician
Vis Wellness Center



Cora J. Belden Library

Cora J. Belden Library

33 Church St.
Rocky Hill, Connecticut 06067 | 860-258-7621
www.rockyhillct.gov/library