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Come to next weeks March Prevention Events ...

Art and the Equinox

Thursday March 21, 2024

6pm-9pm

Camp Harkness Hall



Gerlinde (G) Lehner is a JourneyCircle™ and SoulCollage[®] facilitator, and mixed media artist who uses creative art making to guide participants through mapping out their stories. Reflecting on the work can shift the narrative and open the heart. Art can transform a dream into a vision to be manifested. Join us as we envision our happiest and healthiest selves as we move forward into this new season. The spring equinox is a time to come out of the shell of winter and blossom into the bright, lively person that's been keeping warm under covers all winter long. Come out and play and see what emerges for you.

Eating Well

March 26, 2024

6:30pm-8:00pm

Waterford Library



Registered Dietician Nikki Glick utilizes an evidence-based approach to guide patients in achieving their nutrition and lifestyle goals. She provides nutrition counseling for a variety of medical conditions, helping patients to better manage their health and feel more confident in their food choices.

Join her for tips on boosting health, reducing cancer risks and supporting healing.

Text 860-861-2223
To RSVP

Make March Matter

TO YOUR HEALTH AND WELL BEING...

Donations to support individuals during and after cancer treatment are welcome