

# *A NEW YEAR'S RESOLUTION*

*Get a grip on your Health &  
Well-being*

*Stress & Weight Management*

*The Holistic Approach*

*Presented by Jeanne Zuzel RN, MA*

*At Slater Library*

*Tuesday, January 3<sup>rd</sup> at 6:30pm*



*Come and learn about simple lifestyle  
changes that can improve your  
overall health and well-being.*

*Seating is limited to 25*

*Call 860-376-0024 or come in to the library at 26 Main Street  
in Jewett City to reserve your seat*