## ANEW YEAR'S RESOLUTION

Get a grip on your Health & Well-being

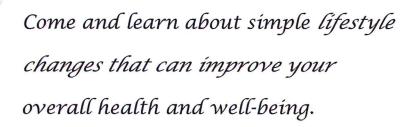
Stress & Weight Management

The Holistic Approach

Presented by Jeanne Zuzel RN, MA

At Slater Library

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



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