

FREE **TO THE PUBLIC**

Beginning Wed. Sept 5 and every 1st
Wed of the month @ 9 a.m.

LOCATION:

New London Christian Church's
WELLNESS CENTER

**Sponsored by New London Nursing
and Rehabilitation**

Physical Therapist:

discusses benefits of stretching

Occupational Therapist:

explains assistive devices

Nurse:

Blood Pressure checks

Something new each month

No reservations necessary

**PLEASE COME TO TAKE PART
FREE TO THE WHOLE COMMUNITY**