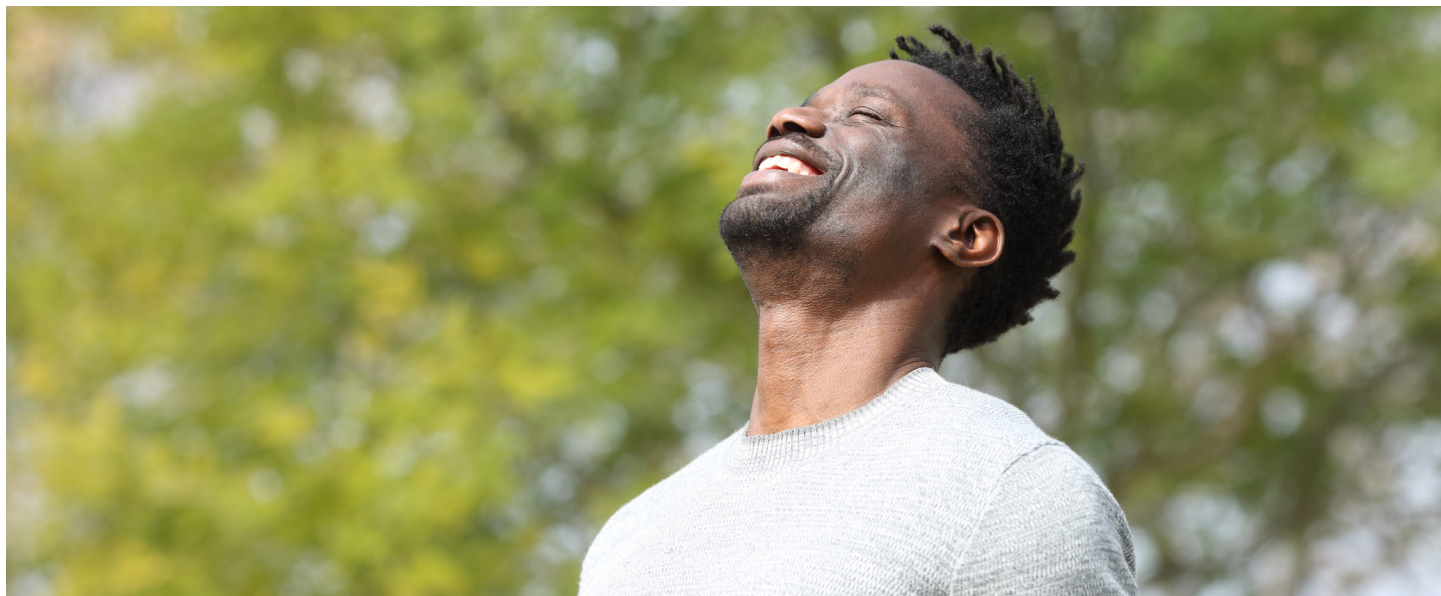


Free Community Education Program

**FALL
2024**

Registration is required!



Your New Body Starts Here

Date: Monday, October 28

Time: 11:30 a.m. – 1:00 p.m.

Site: Manchester Memorial Hospital or Live Webinar (Zoom)

Exercise and physical activity are great ways to feel better, boost your health and have fun. Join Mary Pesce, PTA, LSVT, CPT, CET as she talks about the benefits of exercise, and modes of exercise to keep you moving. She will also share some examples of exercise to enhance your overall well-being.

Every year, we dedicate time and resources to enhance the overall health and wellness of our communities by offering FREE educational programs to individuals and families. We invite you to join us and our healthcare providers in one of our many health education lectures.



Scan the QR Code to register online
or call 860.533.6550 for assistance.

ECHNSM
Eastern Connecticut Health Network