

# LiveWell

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# Semester to THRIVE

June 1<sup>st</sup> - August 28<sup>th</sup>  
2026

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We know Summer often includes travel, family time and shifting routines, so we're building in extra flexibility. Enjoy 12 weeks of classes, for the cost of 10 weeks, giving you the freedom to enjoy programming while making space for everything else summer brings!

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**Customize your schedule with a mix of experiences that fit your interests and goals. Your Resource Coordinator, Peggy, can help you do this!**

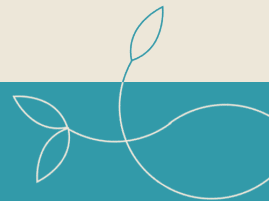
**Have a question? Ready to register?**

**Your Resource Coordinator is here to help!**

**Peggy Johns**  
**[pjohns@livewell.org](mailto:pjohns@livewell.org)**  
**P: 860.628.3004**



# Welcome



## Welcome to our Summer Semester!

At LiveWell's Resilient Living Center, being part of our community means more than maintaining and building strengths, knowledge, and skills- it's an investment in your health, wellbeing, future, and connections with others. The Resilient Living Center is designed to empower people concerned about their brain health, including those living with dementia, to stay actively engaged in prevention and wellness opportunities. This building, and the resources within it, are the first of its kind in the country.

This semester, we invite you to explore something new, revisit what you love, nurture your personal growth, and strengthen your sense of purpose. We offer two main semesters each year, along with special programming in between, and monthly special events to keep you engaged in the ways that work best for you. Whether you're expanding existing strengths or discovering new passions, we're here to support you every step of the way. Thank you for being part of our vibrant community.

## Membership

Membership to the Resilient Living Center offers seamless and integrated access to all health and wellbeing offerings. Designed to promote the ability for people to pursue their brain health goals, a LiveWell Plus Membership includes benefits for two people, for \$50/per month, including preferred access to state of the art hydromassage therapy beds, fitness equipment, open art and fitness studio times, discounts on classes, coaching, programs and special events, access to outdoor courtyards and LiveWell's new Cascade Spa! A LiveWell Virtual Membership, for \$25/month, offers complimentary access to virtual signature programs as well as discounts on virtual classes, coaching, and programs. Explore membership and sign up for a free trial at [livewell.org/membership](https://livewell.org/membership).



## Special Events

We offer many monthly special events which are either free or at a discounted rate for members. See our monthly list of events at [livewell.org/special-events](https://livewell.org/special-events).

# Summer Special Events



This summer, we are offering our Resilient Living Special Events Monday through Friday from 3:00p to 4:00p. Each day will highlight a different theme, and events are free to members. (These events are also a part of the afternoon half day/full day All-Access Pass options)

## Mondays

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### Music Hour in The Gathering Place café

Sit back, relax, and enjoy the sounds of Café melodies, a cozy community gathering where local artists take the stage with live performances. From acoustic sets to soulful vocals, each session features a rotating lineup of talented musicians creating an opportunity for conversation and connection.

## Tuesdays

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### World Travels in the Performance Studio

Explore the world without leaving your seat! This weekly immersive experience uses music, video clips, and images to showcase global cultures, landmarks, and traditions. Enjoy virtual tours, storytelling, and engaging group conversations as we discover a new destination each week.

## Wednesdays

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### Sizzle & Sample in The Test Kitchen

This interactive culinary experience offers a front-row seat to delicious creations in the making. Some weeks feature live cooking demonstrations, while others turn up the heat in a new way! Featuring friendly cooking competitions between our LiveWell chefs, where the audience helps decide the secret ingredients and the winner! Enjoy fresh samples, ask questions, and mingle with fellow food lovers. It's a flavorful blend of learning, fun, community, and competition, with no apron required!

# Summer Special Events



## Thursdays

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### Speaker Series in the Performance Studio

A dynamic speaker series that brings engaging presentations on a wide range of topics—from arts and culture to science, history, wellness, and beyond. Featuring local experts, storytellers, and thought leaders, this series offers meaningful lifelong learning opportunities in a welcoming community setting.

## Fridays

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### Social Hour in The Test Kitchen

Join us for this laid-back community event where ice cream and popsicles take center stage! Enjoy cool treats, casual conversation, and the chance to connect with neighbors in a fun, friendly setting. Whether you're catching up with friends or meeting someone new, it's the perfect way to savor summer vibes and build community one bite at a time.

# Registration Experiences



## All-Access Passes

Designed for people experiencing mild to moderate cognitive change who benefit from extra support while engaging in health, learning, and personal growth at the Resilient Living Center. Choose a Full or Half-Day for flexible access to classes, activities, and staff-guided support.

## Resilient Living Courses

Open to everyone and specifically designed for individuals living with a mild to moderate experience of dementia. Choose just one class or design a whole schedule for yourself that suits your interests and your lifestyle!

## Virtual

Offerings accessible wherever you are. Participate in courses by connecting through Zoom with the device of your choice. Complimentary technical support is offered to help get you set up to succeed, if needed.

## Thrive Courses

Designed for people who are interested in healthy lifestyle habits that can prevent and reduce the risk of developing dementia, those who are newly experiencing cognitive change or are newly diagnosed.

## Thriving with Parkinson's

Designed for people living with Parkinson's disease to encourage a proactive approach to overall health and wellbeing. This series is fully funded by the Harte of the Zwick Charity Pro-Am.

## Residential

Designed for people who call LiveWell's campus home. Every LiveWell resident has a complimentary membership and free courses at the Resilient Living Center. Build a schedule that keeps you engaged, your way!

**No Classes on June 29<sup>th</sup> - July 3<sup>rd</sup>**

**Courses are priced between \$16 to \$25 per class for members. Monthly payment plans are available. More details can be found during registration.**

# Course Selection



## Which courses are best for me?

Which courses are best for me? LiveWell believes in an approach to living well that intentionally creates opportunity to feel seen, heard and foster a sense of belonging no matter where you are on your brain health journey. We know that each person's experience is unique to them, as are their strengths and challenges. Please use the descriptors below to assist you in identifying which courses may be right for you and the person you may be supporting or call us to learn more.

### Resilient Living Courses

- Open to everyone; specifically designed for individuals with mild to moderate dementia; marked with a green leaf.
- Suitable for participants who may benefit from light to moderate cueing or individual disability support.
- Help participants feel successful and participate at their highest potential.

### Thrive Courses

A collection of courses focused on brain health; marked in the catalogue with a blue leaf.

- Designed for people newly experiencing cognitive changes or newly diagnosed; also for individuals without a diagnosis who want to adopt healthy lifestyle habits to reduce future dementia risk.
- Participants should be comfortable following group instructions, benefit from self-directed learning, and are at ease socializing independently.

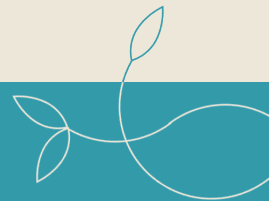


**Join us before or after class!**

**breakfast + lunch**

Monday - Friday 7a - 3p + 3rd Saturday of the month

# All-Access Passes



## An Alternative to Adult Day

The All-Access Pass is designed for individuals experiencing mild to moderate cognitive change. More than just a place to spend time, our program is a dynamic environment for continued growth, learning, and meaningful engagement. This is not “adult day” as you know it - this is Resilient Living. Participants spend a full or half-day at the Resilient Living Center engaging in experiences and activities that encourage continued learning and personal growth while fostering social connections and building resilience against cognitive decline.

- ✓ Monday through Friday
- ✓ Monday, Wednesday, & Friday
- ✓ Tuesday & Thursday
- ✓ Monday (Full Day Only)
- ✓ Wednesday (Full Day Only)
- ✓ Friday (Full Day Only)

Choose from a variety of classes to build a schedule that suits your interests and your lifestyle! Flexible payment plans are available.



## All-Access Passes include:

- Engagement from 9:00a - 4:00p for Full Day (6 classes)  
**Members - \$116/Day**
- Engagement from 9:00a - 12:00p or 1:00p - 4:00p for Half Day (3 classes)  
**Members - \$53/Day**
  - Add on an optional lunch from 12:00p – 1:00p  
**Members - \$10/Day**
    - Support and engagement during meals
    - Navigation assistance between classes
  - Some assistance with restroom needs available
- A community of peers to connect with, learn alongside, and enjoy shared experiences

**Choose from any of our over 40 Resilient Living Courses to build your unique day!**

**Spaces are limited- register today!**

# RESILIENT LIVING IN-PERSON OFFERINGS



## MONDAY/WEDNESDAY/FRIDAY

9am	Coffee & Conversation			
10am	Cognitive Stimulation Therapy	Music Appreciation	Rhythm & Hues Painting	Seated Exercise
11am	Cognitive Stimulation Therapy	Mixed Media Art	Standing Functional Fitness	Tai Chi
12pm	Lunch			
1pm	Brain Sparks Trivia	Music Variety Hour	Quiet Minds, Creative Hands	Yesterday's News Is History
2pm	Drum Circle	Guided Painting	Mind Matters in Science	Movement to Music
3pm	Special Events			

\*Details on pages ahead



## MONDAY/WEDNESDAY/FRIDAY

**9:00a to 9:50a**

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### **Coffee & Conversation**

A morning program offering a fun, social start to the day. Join us in The Gathering Place to enjoy a light breakfast, discuss local and national news, and catch up on what's happening in each other's lives.

**10:00a to 10:50a**

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### **Cognitive Stimulation Therapy (CST)**

Evidence-based CST for people with early to moderate dementia using an interest-driven curriculum to improve cognitive function, language, and quality of life while fostering social connections; led by LiveWell's trained dementia specialists.

### **Music Appreciation**

Exploring diverse genres from jazz and classical to folk and rock & roll, this relaxed and engaging music appreciation class will explore favorite songs, discover new music, and share memories connected to what we hear. Come listen and reflect through music in a way that sparks joy, conversation, and connection!

### **Rhythm & Hues Painting**

Painting sessions using curated playlists to inspire color, form, and emotion; paint independently or collaboratively with occasional hands-on assistance.

### **Seated Exercise**

Adaptive, chair-based fitness focusing on core strength, posture, flexibility, balance, mobility, and functional movement adaptations.



## MONDAY/WEDNESDAY/FRIDAY

**11:00a to 11:50a**

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### **Cognitive Stimulation Therapy (CST)**

Evidence-based CST for people with early to moderate dementia using an interest-driven curriculum to improve cognitive function, language, and quality of life while fostering social connections; led by LiveWell's trained dementia specialists.

### **Mixed Media Art**

Discover the joy of layering color, texture, and shape as you explore a wide variety of fun materials to create art that is uniquely yours.

### **Standing Functional Fitness**

Energizing, full body standing workout using light weights and bands to boost strength, balance, coordination and mobility for daily activities in a positive, supportive environment.

### **Tai Chi**

Practice a gentle, flowing set of meditative movements that strengthen body and mind, improve balance and cognition, and reduce fall risk and stress. Suitable for individuals or couples of all physical ability levels; seated adaptations available for all moves.

**12:00p to 12:50p**

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### **Lunch at The Gathering Place**

Enjoy wholesome lunches with rotating daily specials (soups, sandwiches, flatbreads, salads, grain bowls) included with Full-Day All-Access Passes or add to Half-Day Passes for \$10/day. Shared seating and conversation encourage socializing and new friendships.



## MONDAY/WEDNESDAY/FRIDAY

### 1:00p to 1:50p

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#### **Brain Sparks Trivia**

Lively, social trivia program mixing Jeopardy-style questions and other brain games to entertain, stimulate cognition and increase attention in a relaxed, fun atmosphere.

#### **Music Variety Hour**

Join us for a variety hour of music engagement! From music improvisation, listening, singing, sound bath, drumming, songwriting, or music visualization, each meeting is a grab bag of music experiences guided by participant preferences.

#### **Quiet Minds, Creative Hands**

This class encourages relaxation and self-expression through mindful art-making. Sessions include gratitude prompts, affirmations, and tranquil music where art and meditation come together.

#### **Yesterday's News is History**

Discussion group exploring historical events, their impact on today, and connections to current news. Inclusive forum for sharing knowledge, deepening understanding, and engaging in thought-provoking conversation for history buffs and curious learners.

### 2:00p to 2:50p

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#### **Drum Circle**

Improvised group percussion using a variety of drums and instruments in a supportive, no pressure setting; no musical experience required! Build listening, pattern, recognition and real-time response skills while supporting socialization and brain health.

#### **Guided Painting**

This class provides a relaxed and supportive environment for guided painting. Each class features an inspirational reference piece and introduces new skills, along with step-by-step instruction, to help participants create artwork with confidence and enjoyment.



## MONDAY/WEDNESDAY/FRIDAY

### Mind Matters in Science 🌱

Engaging discussions on a variety of scientific topics that stimulate memory, critical thinking, and curiosity while exploring how we interact with the natural world.

### Movement to Music 🌱

Energetic, fully seated class that moves to familiar songs — wiggle, twist, sway, and groove to boost strength, endurance, coordination, and body awareness in a fun, low-impact format.

**Have an idea for a new program?  
Contact Chelsea Block!**

**[cblock@livewell.org](mailto:cblock@livewell.org)  
P: 860.628.3005**

# RESILIENT LIVING IN-PERSON OFFERINGS



## TUESDAY/THURSDAY

9am	Coffee & Conversation			
10am	Crafting	Nature's Canvas	Seated Exercise	TV History Appreciation
11am	Glee Club	Nature's Canvas	Sports Talk	Standing Functional Fitness
12pm	Lunch			
1pm	Animals of the Earth	Film Appreciation	Patio Chat	
2pm	From Our Kitchen to Yours	Men's Group	Movement to Music	Rhythm & Hues Painting
3pm	Special Events			

\*Details on pages ahead



## TUESDAY/THURSDAY

**9:00a to 9:50a**

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### **Coffee & Conversation**

A morning program offering a fun, social start to the day. Join us at The Gathering Place to enjoy a light breakfast, discuss local and national news, and catch up on what's happening in each other's lives.

**10:00a to 10:50a**

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### **Crafting**

This hands-on crafting class invites participants to explore a variety of creative projects, including candle-making, jewelry design, hand-building ceramics, and more.

### **Nature's Canvas**

A creative gardening program for all skill levels that blends hands-on planting and propagation. Participants explore seed starting, plant care, and seasonal projects while building practical skills, expressing creativity, and deepening their connection to nature.

### **Seated Exercise**

Adaptive, chair-based fitness with a certified trainer focusing on core strength, posture, flexibility, balance, mobility, and functional movement adaptations.

### **TV History Appreciation**

Explore classic American television through iconic characters, storylines, and theme songs; guided discussions and shared memories that reflect on TV's cultural impact and personal nostalgia.



## TUESDAY/THURSDAY

**11:00a to 11:50a**

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### **Glee Club**

Group singing with vocal exercises and favorite tunes to strengthen voice, improve speech clarity and lung health, reduce stress, and build social connections while having fun.

### **Nature's Canvas**

A creative gardening program for all skill levels that blends hands-on planting and propagation. Participants explore seed starting, plant care, and seasonal projects while building practical skills, expressing creativity, and deepening their connection to nature.

### **Sports Talk**

Your go-to discussion group for everything sports! From inspiring athletes and buzzer-beaters to sports history and hot topics, share opinions, celebrate victories, and connect with fellow fans.

### **Standing Functional Fitness**

Energizing, full body standing workout using light weights and bands to boost strength, balance, coordination and mobility for daily activities in a positive, supportive environment.

**12:00p to 12:50p**

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### **Lunch at The Gathering Place**

Enjoy wholesome lunches with rotating daily specials (soups, sandwiches, flatbreads, salads, grain bowls) included with Full-Day All-Access Passes or add to Half-Day Passes for \$10/day. Shared seating and conversation encourage socializing and new friendships.



## TUESDAY/THURSDAY

### 1:00p to 1:50p

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#### **Animals of the Earth**

Discover the incredible diversity of animal life across the globe through pictures, sounds, videos, stories, and conversation, featuring both familiar favorites and fascinating new species. Explore how animals live, adapt, and thrive in their environments.

#### **Film Appreciation**

Lights, Camera, Action! Dive into film's art, history, and language through screenings and analysis of landmark works across genres and eras, exploring their cultural and historical impact.

#### **Patio Chat**

A welcoming, discussion-based gathering that brings people together for meaningful conversations. Enjoy connecting through shared memories, hobbies, current events, and lighthearted moments in a relaxed, supportive setting.

### 2:00p to 2:50p

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#### **From Our Kitchen to Yours**

Hands-on cooking class exploring global cuisines from all five Blue Zones, modern techniques, and updated classics; suitable for all skill levels. Featuring demonstrations and step-by-step instructions with a focus on healthy eating.

#### **Men's Group**

Peer group program for men to share experiences, learn about new topics, seek advice, and enjoy camaraderie in a respectful, nonjudgmental setting that values listening and mutual support.



## TUESDAY/THURSDAY

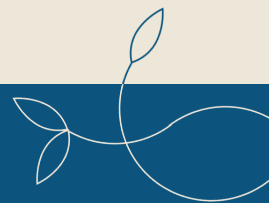
### **Movement to Music**

Energetic, fully seated class that moves to familiar songs — wiggle, twist, sway, and groove to boost strength, endurance, coordination, and body awareness in a fun, low-impact format.

### **Rhythm & Hues Painting**

Painting sessions using curated playlists to inspire color, form, and emotion; paint independently or collaboratively with occasional hands-on assistance.

# THRIVE IN-PERSON OFFERINGS



\*See days of the week next to each class

7:30am

HIINT Fitness (T/TH)

10am

Cognitive Stimulation  
Therapy-Early Stage (M/W/F)

Cognitive Stimulation  
Therapy-Early Stage (T/TH)

11am

Quiet Minds,  
Creative Hands (T/TH)

12pm

Brain Fitness (F)

1pm

Beginner Drawing (TH)

2pm

Ukulele Club (W)

3pm

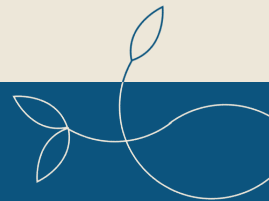
Restorative Rhythms for  
Care Partners (TH)

3:30pm

HIINT Fitness (M/W)

\*Details on pages ahead

# THRIVE IN-PERSON OFFERINGS



## MONDAY/WEDNESDAY/FRIDAY

10:00a to 10:50a

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### Cognitive Stimulation Therapy – Early Stage

Evidence-based CST for people with early-stage dementia using an interest-driven curriculum to improve cognitive function, language, and quality of life while fostering social connection; led by LiveWell’s trained dementia specialists.

## MONDAY/WEDNESDAY

3:30p to 4:00p

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### High Intensity Interval Neuromuscular Training (HIINT)

Designed for those who are mobile and free of major orthopedic concerns, HIINT follows a traditional HIIT format of alternating intense exercise with brief rest. What sets it apart is the integration of movements that challenge muscular, cardiovascular, and nervous systems while engaging the mind—creating a full-body, mind–body workout.

## TUESDAY/THURSDAY

7:30a to 8:00a

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### High Intensity Interval Neuromuscular Training (HIINT)

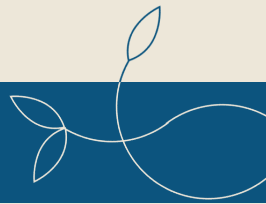
Designed for those who are mobile and free of major orthopedic concerns, HIINT follows a traditional HIIT format of alternating intense exercise with brief rest. What sets it apart is the integration of movements that challenge muscular, cardiovascular, and nervous systems while engaging the mind—creating a full-body, mind–body workout.

10:00a to 10:50a

### Cognitive Stimulation Therapy – Early Stage

Evidence-based CST for people with early-stage dementia using an interest-driven curriculum to improve cognitive function, language, and quality of life while fostering social connections; led by LiveWell’s trained dementia specialists.

# THRIVE IN-PERSON OFFERINGS



## TUESDAY/THURSDAY

**11:00a to 11:50a**

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### **Quiet Minds, Creative Hands (Thrive)**

This class encourages relaxation and self-expression through mindful art-making. Projects such as mandala design, affirmation art, and gratitude-based painting are designed to promote reflection and enjoyment of the creative process.

## WEDNESDAYS ONLY

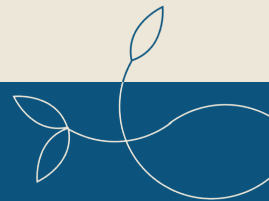
**2:00p to 2:50p**

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### **Ukulele Club**

Join our weekly beginner-friendly ukulele class! Support your brain health, connect with others, and have fun in a relaxed, supportive environment. No experience needed! Add the purchase of a ukulele to your registration or bring your own.

# THRIVE IN-PERSON OFFERINGS



## THURSDAYS ONLY

**1:00p to 1:50p**

### **Beginner Drawing**

This guided drawing class introduces foundational techniques for working from reference, still life, and intuitive mark-making through structured exercises and instructor support. Participants will build skills and confidence in a supportive environment that encourages practice, experimentation, and creative growth while supporting brain health.

**3:00p to 3:50p**

### **Restorative Rhythms for Care Partners**

A restorative music therapy group designed for care partners who support loved ones living with dementia or memory change. Through guided musical experiences- such as lyric exploration, drumming, and relaxation - participants are invited to reconnect with their own inner steadiness, creativity, and sense of community.

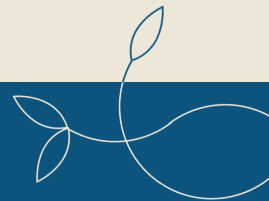
## FRIDAYS ONLY

**12:00p to 12:50p**

### **Brain Fitness (Complimentary for New Registrants)**

Free weekly intro for newcomers covering six cognitive domains—memory, reasoning, processing speed, attention, sequencing, and visual-spatial skills—through fun exercises and lifestyle strategies to support brain health and help prevent or slow early cognitive decline.

# ALL VIRTUAL OFFERINGS



\*See days of the week next to each class

9am

Virtual Fitness for  
Everyday (M/W/F)

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10am

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11am

Virtual Cognitive  
Stimulation Therapy  
(M/W/F)

Virtual Cognitive  
Stimulation Therapy –  
Early Stage (T/TH) w. Patty

Virtual Cognitive  
Stimulation Therapy –  
Early Stage (T/TH) w. Erica

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12pm

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1pm

Virtual Cognitive  
Stimulation Therapy-  
Early Stage (T/TH)

\*Details on pages ahead



## MONDAY/WEDNESDAY/FRIDAY

**9:00a to 9:50a**

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### **Virtual Fitness for Everyday**

Virtual fitness program teaching ways to incorporate movement patterns and exercise into everyday life routines- through sit-to-stand, reaching, getting in/out of a car, building strength, mobility, and independence. Foster connection in a supportive group.

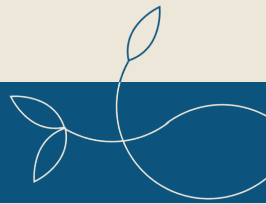
**11:00a to 11:50a**

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### **Virtual Cognitive Stimulation Therapy – Early Stage**

Evidence-based CST for people with early-stage dementia using an interest-driven curriculum to improve cognitive function, language, and quality of life while fostering social connections; led by LiveWell's trained dementia specialists.

# THRIVE VIRTUAL OFFERINGS



## TUESDAY/THURSDAY

**11:00a to 11:50a**

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### **Virtual Cognitive Stimulation Therapy (CST) w. Erica**

Evidence-based CST for people with early to moderate dementia using an interest-driven curriculum to improve cognitive function, language, and quality of life while fostering social connection; led by LiveWell's trained dementia specialists.

### **Virtual Cognitive Stimulation Therapy (CST) w. Patty**

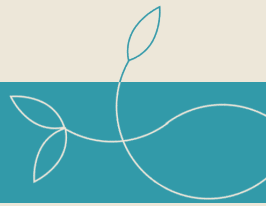
Evidence-based CST for people with early to moderate dementia using an interest-driven curriculum to improve cognitive function, language, and quality of life while fostering social connection; led by LiveWell's trained dementia specialists.

**1:00p to 1:50p**

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### **Virtual Cognitive Stimulation Therapy – Early Stage**

Evidence-based CST for people with early-stage dementia using an interest-driven curriculum to improve cognitive function, language, and quality of life while fostering social connections; led by LiveWell's trained dementia specialists.



This series is fully funded by the Harte of the Zwick Charity Pro-Am.

## TUESDAYS ONLY

**1:00p to 1:50p**

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### **Parkinson's Movement Clinic (Dynamic)**

This small group class, designed for those who have completed the Intro course, uses research-based exercises to improve posture, balance, and everyday movement. Using established research, routines are tailored to each participant's abilities and interests, helping make daily activities safer, more efficient, and more meaningful.

## THURSDAYS ONLY

**1:00p to 1:50p**

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### **Parkinson's Movement Clinic (Intro)**

This small group class uses research-based exercises to improve posture, balance, and everyday movement. Using established research, routines are tailored to each participant's abilities and interests, helping make daily activities safer, more efficient, and more meaningful. This class is for participants new to the series.

# SUMMER CONCERT SERIES



Join us at 6:00 PM on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month June 18<sup>th</sup> to September 3<sup>rd</sup> for a live concert in The Gathering Place Cafe courtyard.



6/18

Flamingo Big Band



7/2

Here's Aretha



7/16

Mike Moat as Elvis



8/6

Stones Alive



8/20

Still Kickin' with the Big City Horns



9/3

Here's Elton

Refreshments will be available for purchase from 5:30p - 7:00p at The Gathering Place cafe.

## LiveWell

LiveWell.org  
860.628.9000

1261 South Main Street  
Plantsville, Connecticut 06479

# Resilient Living Center **SPECIAL EVENTS**

New each month  
**Open to all!**

\*Some events may require advanced registration\*



Scan for calendar

View Full List of Events & Details at  
[livewell.org/special-events](https://livewell.org/special-events)

LiveWell

