

Could you use some help in coping with stress this holiday season?

Visiting Nurse & Hospice of Fairfield County can help. Bring your lunch and learn proven strategies to help you cope with stress during the holiday season.



Lunch and Learn

Monday, December 5th *and* Tuesday, December 13th
12:15 – 1:15 p.m.

Visiting Nurse & Hospice of Fairfield County

Health and Wellness Center at I-Park (Suite 114, Entrance E)
761 Main Avenue (near Kent Road) on the Wilton/Norwalk line

For more information, or to register to attend the Lunch and Learn session, call Visiting Nurse & Hospice of Fairfield County at 203-762-8958, ext. 255.

**Visiting Nurse
& Hospice**
of Fairfield County 

Bringing Healing and Comfort to Our Community for 100 Years