

COME AND DRUM!

Please join us for this fun-filled, interactive wellness program with nurse and wellbeing practitioner, Simmi Narula, RN, from Visiting Nurse & Hospice of Fairfield County.

Participants will learn to expand their body awareness and functional skills. Come and be present in the moment, experiencing the joy of engagement, physical exercise and positive human interaction along with a feeling of stress reduction, improved mood and a sense of wellbeing.



Drumming and Free-Flow Body Movement to Music

Wednesday, September 4th at 12:30 p.m.

DARIEN SENIOR CENTER

2 Renshaw Road in Darien



**Visiting Nurse
& Hospice**
of Fairfield County 

Trusted care. When you need it most. ®

This workshop is free of charge and all are welcome to attend.