

educational series

Cornerstone VNA Community Care

Holistic Wellness & Nutrition

Discover a holistic approach to self-care and life balance through our "Circle of Life" activity. Identify imbalances and take steps toward harmony. RSVP by calling 603-875-0109 or email parksrec-asst@alton.nh.gov!



Thurs, March 20, 2025



Gilman Library
100 Main Street, Alton, NH



1:30 - 2:30 PM



Presenter: Sandy Powers, RN
Wellness Nurse and Functional
Nutritionist



CORNERSTONE VNA
HOME • HEALTH • HOSPICE



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Alton, New Hampshire

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This program is brought to you in collaboration with Alton Parks and Recreation and the Gilman Library.