



Healthy You – Wellness Calendar

Classes, Events, Support Groups & Resources Throughout the Region

March/April 2020

Classes and Events

Stop the Bleed

Offered on separate dates and times below:
March 11 ~ 4-5pm

Or

March 17 and April 23 ~ 12-1pm

Rutland Regional Medical Center

CVPS/Leahy Community Health Education Center

160 Allen Street, Rutland, VT

Presented by: Sheena Daniell, BSN, RN, CEN and Ryn Gluckman, BSN, RN, CEN

Stop the Bleed is a national awareness campaign and call-to-action that encourages bystanders to become trained to help in a bleeding emergency before professional help arrives. This FREE 1-hour class is sponsored by Rutland Regional Medical Center. To register, visit www.RRMC.org or call 802.772.2400.

Safe Sitter Babysitting Course

April 4 & 5 ~ 9am-2:30pm

May 16 & 17 ~ 9am-2:30pm

Rutland Regional Medical Center

West Street Office

435 West Street, Rutland, VT

Babysitting is important business. Safe Sitter is a medically accurate babysitting course that teaches young teens (11 to 13) life and safety skills. The curriculum is kept updated by the national Safe Sitter organization to reflect the most current evidence-based practices. Registration required. Fee \$60 (Scholarships based on need). To register, visit www.RRMC.org or call 802.772.2400.

Tai Chi Level II

Wednesdays, April 8 – May 13 ~ 5:15-6:15pm

Rutland Regional Medical Center

CVPS/Leahy Community Health Education Center

160 Allen Street, Rutland, VT

Presented by: Laurie Knauer, Certified in Dr. Lam Tai Chi

This level II Tai Chi class is a continuation of the beginners class. It is recommended that registrants complete the basic class before taking this next level. With this class, you will be guided into adding movements that are more complicated and will bring more depth to your practice. Fee is \$15. For more information or to register, visit www.RRMC.org or call 802.772.2400.

Community Health Improvement

Self-Management Programs

• Chronic Conditions Self-Management Program

Offered on separate locations, dates and times below:

Mondays, April 6 – May 11 ~ 11am-1:30pm

SASH-Templewood Court

5 Tremont Street, Rutland, VT

Or

Thursdays, April 16 – May 21 ~ 1:30-4pm

Rutland Recreation Center

16 North Street Extension, Rutland, VT

This evidence-based 6-week program offers techniques to improve overall health and manage disease symptoms. It is for anyone with a chronic condition such as depression, heart disease, liver disease, COPD, etc. It focuses on pain management, nutrition, exercise, appropriate medication use, decision-making and communicating with healthcare providers.

• Diabetes Self-Management Program

Mondays, April 6 – May 11 ~ 2:30-5pm

SASH-Templewood Court

5 Tremont Street, Rutland, VT

This six week program is for anyone who has been diagnosed with diabetes or caretakers for individuals with diabetes. It focuses on techniques to deal with symptoms, exercise, nutrition, working more effectively with healthcare providers and proper medication use.

• WRAP (Wellness Recovery Action Plan)

Tuesdays, April 7 – May 26 ~ 4:30-7:30pm

Godnick Adult Center

1 Deer Street, Rutland, VT

Through this program, individuals will build their own plan of activities to use when stressful or challenging situations arise. They will learn to identify triggers and maintain hope on a daily basis. This program was originally designed for people struggling with mental health issues, but it has been shown to help people with all types of challenges.

For more information or to register for these classes, call 802.776.5507.

Couch to 5k

April 13-June 12

Rutland Regional Medical Center Loop

160 Allen Street Rutland, VT

The Couch to 5k training program will help improve your condition over 9 weeks to enable you to run or power walk a 5k. This training will be led by coaches from Rutland Regional Medical Center and involves 30 minute sessions on Mondays, Wednesdays and Fridays with morning sessions at 7am and evening sessions at 5pm. This program is designed for those who have been leading an inactive lifestyle but want to start being active. Registration is limited for this FREE training. For more information or to register visit www.RRMC.org or call 802.772.2400.

Advance Healthcare Planning: Navigating

Advance Directives

April 16 ~ 6-8pm

Franklin Conference Center at the Howe Center

1 Scale Avenue, Rutland, VT 05701

Presented by: Eva Zivitz, BA, RN, CHPN

In recognition of National Healthcare Decisions Day, join Eva Zivitz of Rutland Regional's Palliative Care Program to review the forms used in Vermont to document healthcare wishes. Volunteer explainers from Community Health Improvement will be available to assist those who are interested in making an appointment for assistance in completing an advance directive. Refreshments will be provided. To register or for information for this FREE event, visit www.RRMC.org or call 802.772.2400.

Rutland and Addiction Recovery: Healing and Hope

April 29 ~ 7-9pm

Paramount Theater

30 Center Street, Rutland, VT

We invite you to join us for an update and discussion of current initiatives, services, and resources available to individuals and family members who are dealing with addiction. This event is addressed to community members, lay professionals and health staff working with substance misuse, as well as individuals interested in learning more about recovery services and family members of individuals struggling with addiction. This event will feature a panel presentation of experts from treatment, recovery, law enforcement and other community leaders who deal with this very important issue. A question and answer session will follow. This event is joint initiative with Rutland Regional Partnership for Prevention, Rutland Regional Medical Center Community Education and Rutland's Project Vision Non-Opioid Committee, which includes representatives from Rutland Mental Health's Evergreen Services, The Turning Point Center of Rutland, the West Ridge Center and the Vermont Department of Health. Refreshments will be available. Registration is requested for this FREE event. For more information or to register, visit www.RRMC.org or call 802.772.2400.

2020 is a census year and this is a reminder for everyone to respond to an invitation to complete a short questionnaire when contacted either by phone, mail or online. The US Census takes place every ten years and provides vital information for determining services and other supports to our area.

Gaining Traction: Improve Your Walking, Balance, Mobility and Stability

Wednesdays, April 29 – May 20 ~ 4-5:30pm

Rutland Regional Medical Center

CVPS/Leahy Community Health Education Center

160 Allen Street, Rutland, VT

Presented by: Staff of Rutland Regional Medical Center

Rehabilitation Services

In this program participant learn the mechanics of walking and how various conditions such as arthritis, joint issues, and neurological problems affecting balance can impact gait. Strategies to compensate for these conditions will be discussed. Fee for this class is \$15 and registration is required. For more information or to register, visit www.RRMC.org or call 802.772.2400

Chair Aerobics

Mondays & Thursdays, May 4 – May 21 ~ 4-5pm

Rutland Regional Medical Center

CVPS/Leahy Community Health Education Center

160 Allen Street, Rutland, VT

Presented by: Melissa Cox

This three-week aerobic exercise course will focus on strength, endurance and flexibility by using a chair as a platform for workouts. This class is for those having difficulty performing exercises that require standing, walking or running for any length of time. However, anyone looking for an alternative form of exercise is also welcome to register. Fee is \$15. For more information or to register, visit www.RRMC.org or call 802.772.2400.

AARP Smart Driver Safety Course

May 7 ~ 5-9:30pm

Rutland Regional Medical Center

CVPS/Leahy Community Health Education Center

160 Allen St., Rutland, VT

Presented by: Baird Morgan

Learn how to adjust your driving to age related changes. Registration is required. Fee for program is \$15 for AARP members and \$20 for non-members. Fee is due by April 23. Checks should be made out to AARP. To register, visit www.RRMC.org or call 802.772.2400.

E-Cigs, Juul, and the Youth Epidemic:

What Parents and the Community Should Know

May 14 ~ 6-7:30pm

Rutland Intermediate School Auditorium

65 Library Avenue, Rutland, VT

Presented by: Sarah Cosgrove, RCP, TTS-M, AE-C,

Tobacco Treatment Specialist

Learn why dangerous misconceptions lead young adults to believe vaping is harmless and why sharing the facts is an important first step in addressing youth vaping. Parents, teachers, health professionals, community members and other youth advocates are encouraged to attend. Learn current initiatives and resources taking place nationally and locally that will have a positive impact for our county's youth population. This presentation will be given after the Parent Teacher Collaborative taking place in the same location prior to this event. Refreshments will be available. Registration is requested for this FREE event. For more information or to register, visit www.RRMC.org or call 802.772.2400.

Wellness Resources

802 Quits Tobacco Cessation Program

Ongoing workshops are open to the community to provide tobacco cessation support for quitting cigarettes, E-cigarettes, JUUL and other tobacco products. There are free nicotine replacement patches, gum or lozenge therapy for those who participate in these services.

Rutland Regional Medical Center

CVPS/Leahy Community Health Education Center

Mondays ~ 4:30-5:30pm

160 Allen Street, Rutland, VT

Rutland Heart Center

Tuesdays ~ 11am-12pm

12 Commons Street, Rutland, VT

We are also available to come to your workplace or organization and hold a group. This is a FREE service. Individual counseling is available for adults and those under 18. For more information or to register, call 802.747.3768. For phone counseling support, call 800.QUITNOW (800.784.8669).

Adaptive Martial Arts & Fitness for All

Martial arts class meets every Saturday, 9-10am at the Club Fitness Performance Center, 217 North Main St.. These classes are donation based for adaptive students and their families. For more information call 802.747.8184 or 802.683.7160.

Ask Us About Baby Steps...

Baby Steps is group education for pregnant women and their support people. Presented by Rutland Women's Healthcare. Visit www.RRMC.org or call 802.786.1320 for an appointment.

Advance Directive Explainers

The Community Health Team of Rutland Regional offers free support with completion of Advance Directive forms. A volunteer explainer will sit with community members and guide their process of completing the form and then filing with all necessary health providers and the Vermont registry. Call 802.776.5502 to set up an appointment.

Breastfeeding Classes – Rutland

For new mothers considering breastfeeding. Information will be given on nursing, pumping, returning to work and more. Classes are the second Tuesday of every month from 6-8pm. Call 802.747.3695 to register.

BROC Community Action

All workshops are held at 45 Union Street in Rutland. For more information call 802.775.0878 or visit www.BROC.org

Castleton Community Center

The Center offers wellness programs as well as senior meals, transportation, and social and educational opportunities. For more information, call 802.468.3093 or visit www.castletonncsi.org.

Chaffee Art Center

The mission of the Chaffee Art Center is to nurture the essential relationship between the arts and community through exhibition, education and collaboration. Classes in art, music, exercise and meditation are offered to community members at a modest fee or donation. For information on upcoming classes and events, visit www.chaffeeartcenter.org or call 802.775.0356.

Come Alive Outside

Works with area partners to create awareness, intention and opportunity for people to live healthier lives outside. For more information, call 440.525.6076 or email Andy Paluch at andy@comealiveoutside.com.

CPR

• Community Health Centers of the Rutland Region

Basic Life Support, Family and Friends, and Heartsaver CPR classes. For more information, call Claudia at 802.855.2018 or email ccourcelle@chcrr.org.

• Regional Ambulance Service, Rutland

Classes are offered the first and third Monday of each month from 6-9pm. Registration is required. Call 802.773.1746 to register.

Diabetes Prevention Classes

Free monthly classes for people with risk factors for developing diabetes. For more information, call the Rutland Diabetes & Endocrinology Center at 802.775.7844.

Dispose of Unwanted Prescription Drugs

Rutland County Sheriff's Department

88 Grove Street, Rutland, VT

Monday-Saturday ~ 6am-Midnight

Sunday ~ 6am-8pm

For more information, contact the Rutland County Sheriff's Department at 802.775.8002.

Domestic Crisis Hotline

Call Kim at 802.775.3232.

Epilepsy Foundation of Vermont

The goal of the Epilepsy Foundation is to provide information and support services to individuals who have been diagnosed with epilepsy or a seizure disorder. For more information on epilepsy or the Epilepsy Foundation of Vermont, email epilepsy@sover.net or call 802.318.1575.



Community Education

A Department of Rutland Regional Medical Center

Family-to-Family Program

NAMI – National Alliance on Mental Illness

A free, 12-week course that offers education and support for families and friends of people with mental illness. For more information, email info@namivt.org, visit www.namivt.org or call NAMI – Vermont at 800.639.6480, ext.102.

Foley Cancer Center Gentle Yoga Group

This group focuses on helping cancer patients learn relaxation techniques. It meets every Thursday, 4:30pm-5:30pm at Cobra Gymnastics and Yoga Studio. For more information, call Paula Liguori at 802.786.3627.

Godnick Adult Center

Programs at the Center include exercise, yoga, dancing, knitting, book clubs, bridge, hiking, health clinics and bus trips. For more information, call 802.773.1853 or visit www.rutlandrec.com.

Homeless Prevention Center

(Formerly the Rutland County Housing Coalition)
56 Howe St., Patch Place, Bldg A, Rutland, VT,
www.hpcvt.org, 802.775.9286.

Mitchell Therapy Pool

88 Park Street, Rutland, VT
Indoor, heated pool for adults and children, open to the public and offering swim lessons and exercise. For more information, call 802.775.2395, ext. 303 or visit www.vacvt.org.

Mentor Connector

Mentors are needed! One hour a week can change the life of a young person in Rutland County. Through fun activities like playing baseball, fishing, or baking cookies, our mentors use teachable moments to change the lives of Rutland youth. For more information about this vital program and becoming a mentor, call 802.775.3434.

Partners for Prevention

Help shape a healthier Rutland region by participating in community work group meetings dedicated to building substance use prevention in Rutland County. For more information, contact the RPP Coordinator at prevention@rrmc.org or call 802.776.5515.

Promise Lactation Consulting

Offers a free, drop-in clinic the fourth Tuesday of the month from 3-5pm at Rutland Regional's Women's & Children's Services. For more information, call Lisa at 802.325.2566

RSVP

- **Bone Builders** – A free exercise program to address osteoporosis. For more information call 802.775.8220.
- **One-2-One** – Provides transportation to essential service appointments for Rutland County residents. For more information, call 802.775.4318 or visit www.volunteersinvt.org and search under Signature Programs at the top banner.
- **Veterans Connection Program** – For veterans, soldiers and military families. Meetings are held the second and fourth Wednesdays of the month, 10:30-11:30am at Calveray Bibles's Church's Conversation Cafe For more information, call Maryesa at 802.775.8220.

Rutland County Nutrition Coalition

Projects include the monthly "What's Cooking Rutland" program on PegTV, and building systems using gleaned foods to provide meals for food shelves. For more information, contact Bethany Yon at 802.786.5115.

Rutland Free Clinic

A free Medical & Dental Health Clinic for uninsured and under-insured Vermont adults. There are no emergency services available at this site. Appointment only. No walk-ins. For more information or to schedule an appointment, call 802.775.1360.

Rutland Free Library

Provides library services free to residents of Rutland City, Rutland Town, Mendon, Ira and Tinnmouth, and to paid cardholders from other communities. We offer a wide variety of programming for all ages as well as formal and informal meeting spaces. Visit <http://rutlandfree.org> or 802.773.1860

Rutland Mental Health Crisis Line

Available 24 hours – 7 days a week
Adult Services, call 802.775.1000
Child & Family Services, call 802.773.4225

Rutland Mental Health Services

Services for adults, children and families, and seniors provided. For details on specific services offered by Rutland Mental Health, call 802.775.2381 or visit www.rmhsccn.org.

SASH Support Services

This free service helps individuals with disabilities, primarily over 65, access the care and support they need to stay healthy while living at home. Contact Carol Keefe at 802.775.2926 x16 for more information or visit www.sashvt.org.

Senior Helpline - 800.642.5119

Southwestern Vermont Council on Aging

Services and supports for older Vermonters including case management, nutrition and wellness programs, elder care clinician, money management assistance, options counseling, health insurance counseling, and senior helpline, among other offerings. For more information, call 802.786.5990 or visit www.svcoa.org.

VeggieVanGo

VeggieVanGo, a mobile nutrition program of the Vermont Foodbank provides FREE fresh, healthy veggies and fruits monthly for low income Vermonters. This takes place the fourth Thursday of each month, 9-10am, in the Rutland Regional Parking Lot by the CVPS/Leahy Community Health Education Center.

Vermont 2-1-1

Dial 2-1-1 to get information about thousands of resources across Vermont, or visit www.vermont211.org.

Vermont Department of Health

For health information on topics such as: Children & Families, Disease & Prevention, Substance Abuse, Emergency and Public Health Preparedness, A Healthy Environment, Health Research, Data and Records and Community Public Health. For more information, call 802.786.5811 or visit <http://healthvermont.gov>.

Vermont Adaptive Ski and Sports

A diverse, year-round non-profit organization offering opportunities that promote access and instruction to sports. We serves clients of all abilities with disabilities. For more information go to www.vermontadaptive.org, or contact Tom Alcorn, at south@vermontadaptive.org for information.

Vermont Adult Learning

A center for adults working their way toward a high school diploma, prepare for the GED or gain workforce readiness skills. New Americans can also practice speaking and writing English and adults can learn to read for the first time. For more information call 802.775.0616 or email info@vermontlearning.org.

VNA & Hospice of the Southwest Region (VNAHSR)

- **Start the Conversation – It's a Gift**
Find out more about Advance Directives for Health Care. Receive a free *Conversation Starter Guide*, a toolkit containing easy-to-use self-help worksheets. To arrange a presentation on this topic or to get a copy of the *Conversation Starter Guide*, call VNAHSR at 802.770.1520 or visit www.starttheconversationvt.org.
- **Cholesterol Screening**
Clinics held in the Rutland office the first Wednesday of the month. Call 802.775.0568 for an appointment. Clinics held at the Dorset office the third Wednesday of the month. Call 802.362.1200 for an appointment. Call Cathleen for more details at 802.770.1536. Cost is \$30.
 - **Travel Health Clinic**
Receive an individualized travel safety plan and the necessary immunizations for your travel destination. By appointment. Call Cathleen at 802.770.1536 or email gohealth@vnahsr.org.
- **Veteran's Voices**
This program gives veterans, service members and their families a chance to share their stories and leave an enduring legacy. Interviews are facilitated by a trained VNAHSR volunteer. Participants receive a free CD copy of their interview. For more information call John Campbell at 802.770.1683 or email john.campbell@vnahsr.org.



Al-Anon/Alateen

For more information, call Al-Anon Vermont at 866.972.5266 or visit www.vermontalanonalateen.org.

Alcoholics Anonymous (AA)

For more information, call 802.775.0402 or visit www.aavt.org.

Alzheimer's Association

24-hour Help Line – 800.272.3900 / www.alz.org

Alzheimer's Support Group

Meetings are held 6pm the last Monday or Tuesday of each month at the CVPS/Leahy Community Health Education Center, 160 Allen Street, Rutland, VT. For more information, contact Andi at 802.468.5000.

Bariatric Surgery Support Group

Support for those who have undergone bariatric surgery. This group meets the first Monday of the month at the Rutland Diabetes & Endocrinology Center on Albert Cree Drive, 5:30-6:30pm. For more information contact Donna Hunt at 802.775.7844.

BAYADA Bereavement Group

Support for those who are grieving the loss of a loved one. For more information, call Christina Lohnes at 802.282.4122.

Better Breathers Club

American Lung Association support group for people with breathing issues, their loved ones or caregivers. Meets first Monday of the month, 11am-12pm at the Godnick Center at 1 Deer Street, Rutland, VT. For more information, call 802.776.5508.

Brain Injury Support Group

Meetings will be held the third Friday of each month, 2-3:30pm, at the Fox Room of the Rutland Free Library. For more information call Glen Reed at 802.779.9021 or email Jessica LeBlanc at jessica.leblanc27@gmail.com.

Compassionate Friends

For bereaved parents. A self-help organization offering friendship and understanding to bereaved parents and family members. For more information, call Michael Mackey at 802.446.2278.

Diabetes Support

- **Type I Diabetes Support**
For more information, call the Rutland Diabetes & Endocrinology Center at 802.775.7844.
- **Insulin Pump Support Group**
For people who manage their diabetes with insulin pumps. Meetings are the fourth Tuesday of each month from 10:30am-12pm at Rutland Regional Medical Center. For more information, call Donna Hunt, RD, CDE at 802.775.7844.

Foley Cancer Center Support Group Meetings

- **Woman to Woman Cancer Support Group**
Meetings are held the first Tuesday of every month from 5:30-7:30pm in the CVPS/Leahy Community Health Education Center. For more information call Cheryl Gosselin at 802.265.8177.
- **Men to Men (M2M) Cancer Support Group**
Meetings are the fourth Wednesday of each month in the CVPS/Leahy Community Health Education Center. First time attendees should contact Bob Hamish at 802.483.6220 or Jim Russell at 802.236.8153.
- **Young Adult Cancer Support Group**
For young adults affected by cancer, this group meets the third Thursday of every month from 4:30-6pm at Café Provence in Brandon, VT. For more information, call 802.747.1693

Gamblers Anonymous

For more information, call 802.773.8305.

Grief Share Support Group

Support and recovery ministry for those going through the death of a loved one. This program is non-denominational, based on biblical concepts. Each session includes DVD teaching, group discussion and workbook. Meets at Roadside Chapel in Rutland. Please contact the church for current dates and times: 802.775.5805.

Head Injury & Stroke Support Group

This group now meets seasonally at 1409 US Route 7 South, Wallingford, VT. For more information call 802.446.2302.

HIV/AIDS Support Group

For more information, call 802.775.5884.

It Takes a Village: A Community of Parents

Find connection, education and community through this free support group for parents who are adding a new baby or child to their family. All parents, expecting parents and caregivers are welcome. This group meets every Wednesday, 10-11:30am at Wonderfeet Kids Museum. For more information call 802.786.5104.

InterAge Caregiver Support Group

For caregivers of adults with cognitive and/or physical challenges. Held on the second Thursday of each month from 2:30-4pm. For more information, call 802.773.2011.

Kin Conversations

For those who care for relative children regardless of legal involvement, or age of the caregiver. Dinner & childcare provided. For more information, call 802.747.0490 or email Diane Robie at robie@eckerd.org.

NAMI (National Alliance on Mental Illness)

Family Support Group Meetings are the first Monday of each month at 6pm at the CVPS/Leahy Community Health Education Center Conference Room B. For more information, call 800.639.6480 or 802.876.7949 or visit www.namivt.org.

Narcotics Anonymous

Narcotics Anonymous (NA) is a nonprofit society of recovering addicts who meet regularly to help each other stay clean. For the hotline and information about meetings, call 802.265.6414 or visit www.GMANA.org.

NewStory Center

This is a support group for survivors of domestic violence. Meets 12pm on the first and third Wednesdays of the month. For more information call 802.775.6788.

Overeaters Anonymous

Is food a problem for you? For more information on the Sunday meetings, call Ramona at 802.948.2948. For Wednesday meetings, call Sara at 802.747.4020.

Rutland Area Vermont Ostomy Group

Meets to discuss experiences, share tips and offers support to individuals with bowel and bladder ostomies and continence diversions. For more information and meeting times contact Kate Lawrence at 802.770.1682.

Rutland Autism Family Group

The Rutland Autism Family Group (RAFG) strives to raise awareness of autism, provide opportunities for typical childhood experiences, create support for families living with autism and work with agencies to ensure services. RAFG holds monthly events in the community, with the supports and accommodations our kids need. For more information please contact us at 802.242.0040 or visit <https://rafg.org>

Rutland County Memory Café by

The Southern Vermont Council on Aging

This special program is for persons with mild cognitive impairment, early stage dementia or just memory concerns. Loved ones are encouraged to attend. Meets the second Saturday of the month, 10-11:30am. Registration is encouraged but not required. For more information call Aaron Brush at 802.772.7835.

Rutland Lactation Club

Free, drop-in breastfeeding support and information from skilled healthcare professionals in a relaxed environment. Occurs on the first and third Mondays of the month, 3-4pm at the CVPS/Leahy Community Health Education Center. For more information, contact Lisa at 802.775.1901, option 2.

Support Group for Pregnant Women Prescribed Methadone and/or Subutex

This is an opportunity to connect with other pregnant and post-partum women in recovery. Meets the first Wednesday of each month, 3-4pm at the CVPS/Leahy Community Health Education Center. For more information call 802.747.3996 or 802.747.3766.

T.O.P.S. (Take Off Pounds Sensibly)

Open to children 7 years to adult. For more information, call 802.293.5279 or visit www.tops.org.

The Fighters Parkinson Support Group

This group meets the first Monday of each month, 4-5pm at the Godnick Center, June to October. If you need support during the winter months or for more information, call Lee Accavallo at 802.353.8838 or email lee@royalvt.com.

VNAHSR Bereavement Groups

Bereavement support groups are free and open to the public.

- **Rutland**-Meeting is held Tuesdays at 6pm at Grace Congregational Church in Rutland. For more information, contact Andrew Carlson at 802.770.1613 or email andrew.carlson@vnahsr.org.
- **Bennington**-Meetings are held the first and third Thursday of each month, 11am-12pm, at the UU Fellowship Meeting Hall. For more information call 802.442.0510.
- **Manchester**-Meetings held every Monday at 5pm at Bromley Manor's The Chapel. For more information, contact Andrew Carlson at 802.770.1613 or email andrew.carlson@vnahsr.org.

Healthy You – Wellness Calendar is a Rutland Regional Medical Center community outreach service. Programs are free and open to the public, unless otherwise noted. Please contact Community Education at 802.772.2400 for more information. Non-profit organizations, agencies and coalitions are welcome to submit programs by contacting us at communityeducation@rrmc.org

We're just a click away...
www.RRMC.org

