

Old Lyme Visiting Nurse Association

It's January 2026 – Time To Choose Your New Year's Resolution!

Health & Wellness

- Stay Active: Incorporate daily walks, gentle yoga, stretching, or chair exercises.

Mental & Emotional Growth

- Cultivate Hobbies: Revisit old hobbies or explore new ones like gardening, knitting, or birdwatching.

Home & Life Organization

- Organize Affairs: Tackle finances, sort photos, or organize keepsakes to create digital archives and preserve memories.

Simple, Achievable Steps

- Explore Locally: Visit museums, parks, or farmers' markets.
- Get Out: Take day trips or join local groups.



For More Information call: 860-434-7808

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