

Old Lyme Visiting Nurse Association



Give us a call. Let
us help you.
860-434-7808



Ten Tips for Celebrating National Wellness Month:

- Engage in enjoyable activities
- Get enough sleep
- Incorporate exercise in your routine
- Stay hydrated
- Eat plenty of fruits & vegetables
- Unplug from technology
- Keep a journal
- Practice mindfulness and meditation
- Attend social events
- Spend time with loved ones

August is National Wellness Month!