

# Be Well has your back!



As part of the 4th Quarter Be Well Event we'll have **Mikaela De Bari**, a licensed massage therapist, doing 15 min chair massages on June 21st.

Services are limited and provided on a first come, first served basis, so please sign up below as soon as possible!

Please register for one of the following times,

**June 21 at the Town Council Chambers:**

9:00 AM

9:15 AM

9:30 AM

9:45 AM

10:00 AM

10:15 AM

10:30 AM

10:45 AM

11:00 AM

11:15 AM

11:30 AM

11:45 AM

12:00 PM

12:15 PM



For those people who are not getting a massage there will be a slideshow on the Be Well sites starting 06/22 with a survey to get Be Well credit. If you have questions please contact us at [Be\\_well@ehhd.org](mailto:Be_well@ehhd.org) or 860-429-3325