

# 4th Quarter Be Well Educational Event



An informative presentation on complementary medicine. Learn about approaches such as acupuncture, yoga, herbal medicine, chiropractic care, and other wellness practices that may support overall health and well-being.

**When: There will be two sessions on June 11th:  
Session 1 10 am, Session 2 11 am**

**Where: Tolland Town Hall (Council Chambers)**

To Sign Up For This Class  
Go To [4th Quarter](#)

**\*\* This will complete your 4th Quarter Educational requirement. For those unable to participate there will be a slide presentation posted to the Be Well site on 06 /20/2026 \*\*\*\***



Please contact Be Well at [be\\_well@ehhd.org](mailto:be_well@ehhd.org) or 860-429-3361 with any questions at all!