

**JOIN BE WELL  
FOR A KICK-OFF EVENT  
JULY 17, 2025  
10 AND 11AM AT THE  
TOLLAND TOWN  
COUNCIL CHAMBERS**

**BE STRONG,  
BE FIT, AND  
BE HEALTHY  
WITH US**

We'll have a brief presentation and a cooking demonstration on dressings to make salads/ vegetables more enticing.

**TO SIGN-UP GO TO :  
BE WELL.**

