

READY TO THRIVE?



Join the **PAVING** the Path to Wellness Program

- Group coaching program with a certified practitioner Kristen Siminski , Physical Therapist
- Learn tools to thrive with a healthy body, peaceful mind, and joyful heart
- Connect with others

Who can join?

Orleans Residents interested in improving health and wellness

How to join:

- 📞 REGISTRATION OPENS DEC 2
Health Dept-508-240-3700 x2450
Limited to 12 participants

When?

Thursdays Jan 9-Feb 27, 2025
2 PM- 3:30 PM

Where?

- 📍 Orleans Town Hall
19 School Road
Orleans MA 02653

