

Somerville Council on Aging

Wellness in Aging

Managing Stress, Pain, & Medications



Two informational sessions focusing on skill building and education around the topics of stress reduction, pain, pain relief, and the safe management of medications for healthy living.

Where: Holland Street Center

167 Holland St. Somerville, MA 02144

When: Wednesday, November 13th

Wednesday, December 18th

10:00 AM

*Sign up by calling Ashley at
617-625-6600 extension 2318*