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Concord, NH



Mindfulness

Wednesday, September 25, 2024
12:30 p.m. @ Tad's Place on the
Heritage Heights Campus

Lunch & Learn For Reservations call **603-225-6999** or sign up online at www.hhhinfo.com/events

Senior Resource Fair

Wednesday, October 16, 2024
1:00 – 3:00 p.m. @ Tad's Place
on the Heritage Heights Campus.



Havenwood Campus
33 Christian Avenue
Concord, NH 03301-6128

Heritage Heights Campus
149 East Side Drive
Concord, NH 03301-5475

tel: 603-224-5363
Toll Free: 1-800-457-6833
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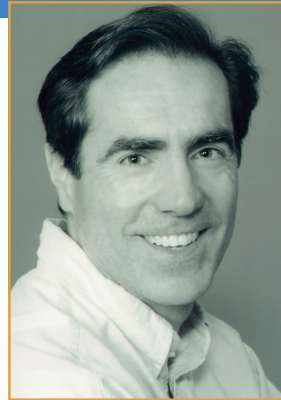


Two Events at Heritage Heights

For Reservations call **603-225-6999** or sign up online at www.hhhinfo.com/events

Dr. Stephen Del Giudice Mindfulness

**Wednesday, September 25, 2024
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Life is hard. Full of anxiety (the future again) and regrets (and the past). Mindfulness allows us to observe both of these feelings, or any other feeling, outside of our usual stressful mind chatter. Simply put: mindfulness cultivates an awareness of the here and now, which can lead to peace of mind. Come learn more about it.

Senior Resource Fair

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on the Heritage Heights Campus.**

Join us and discover all our local senior resources, as you prepare for your next step.



PLEASE RSVP TODAY • SPACE IS LIMITED