



A Virtual Healthier YOU: “Cultivating Resilience and Wellness” for Caregivers

Virtual Healthier You for Caregivers

The Healthier You program is based on the holistic strategies and tools developed by Dr. Roger Landry, a preventative health physician and author.

We are reaching out to caregivers who may be worn-out by the pandemic and the stress of taking care of others. This program will help to provide you tools and self-care strategies for your health. You will also connect with others who are in similar situations and with support professionals in the field of aging.

All program materials (book, caregiving & exercise materials, course binder, resistance band) will be provided. Sessions are 90 minutes and will be held on Zoom. Sessions will include lecture, discussion and physical exercise or meditation.

This program is open to those living in these towns: Ashland, Framingham, Dover, Natick, Holliston, Hopkinton, Hudson, Marlborough, Northborough, Sherborn, Southborough, Sudbury, Wayland, and Westborough.

This program is funded in part from the Older Americans Act as granted by Bay Path Services, Inc. A provision of the act is to allow for the opportunity to make a voluntary donation to support some of the program expenses. If you would like to make a voluntary donation, please mail a check to Town of Sherborn, Council on Aging, Sherborn Town Hall, 19 Washington Street, Sherborn, MA 01770.



The Virtual Healthier You is a six-week program which will be facilitated by Laila Vehvilainen, MS, MPH, a health educator and certified senior wellness specialist.

Weekly topics include:

- Brain Fitness
- Lowering Your Health Risks
- Moving More
- Staying Connected to Community and Resources
- Be Present, Stress Less
- Finding Your Passion

It's Easy to Register

Call the Sherborn Council on Aging at 508-651-7858 with your information or email: coadirector@sherbornma.org.

Enjoy the program in the comfort of your own home and learn how to cultivate resilience and improve wellness.

Program Dates
April 19th, 26th, May
3rd, May 10th, May 17th
and May 24th
Time: 6:00 - 7:30 pm