



Senior Center Serving Adults Age 55+

Building Resiliency: Herbal Remedies to Boost the Immune System

**Wednesday, November 17th
2:00 PM**



Join Nora Toomey, Certified Clinical Herbalist of True Bloom, for a Zoom presentation about the foundations of supporting a healthy Immune System. Dive deep into knowledge about plants that prevent and treat colds, flus, viruses, and go over some easy herbal remedies, including recipes for Elderberry Syrup.

To RSVP for this virtual program, please call the office at (203) 452-5199.