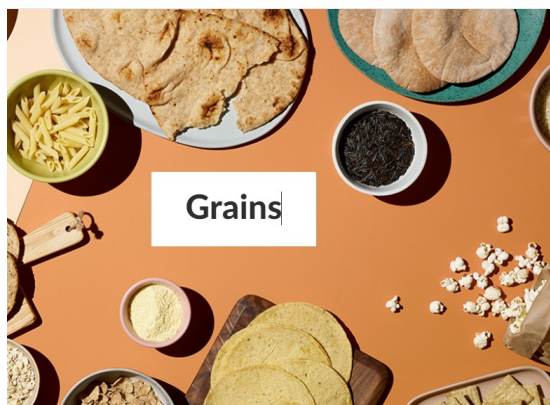


Be Well 1st Quarter Educational Event



**Come Join Us for
a discussion on:**

Great Grains,

Getting More Whole Grains in Your Diet

When: September 25, 2024

1st Session: 10:00am

2nd Session: 11:00am

Where: Tolland Town Hall Council Chambers

To register go to: [Grains](#)

Light Refreshments and giveaways will be provided.

This event will fulfill your 1st quarter wellness education requirement for Be Well Rewards Program! For those unable to attend online information will be on the Be Well website

