Finding Harmony: An Evening of Health & Wellness for Caregivers

Taunton, MA – Harmony Adult Day Health Center hopes to remind residents of Bristol County – you can’t take care of others unless you take care of yourself.

Join us at Harmony Adult Day Health Center for an evening of inspiration, motivation, and education on Wednesday, March 21 from 5:00 to 7:00PM. Are you a caregiver or interested in learning more about adult day health? Indulge yourself in aromatherapy; chair yoga meditation; reflexology; chair massage; reiki and light refreshments. Then add to your health and wellness with a blood pressure screening. The center is located at 725A Myles Standish Boulevard in Taunton, MA.

This event is free and open to the public; however, RSVPs are preferred by March 16. Please call 1-800-220-0110 ext. 1308 or email register@communityvna.com. Space is limited.

Harmony Adult Day Health Center serves frail elders, seniors with medical needs and disabled adults who require support throughout the day. The compassionate and professional staff provides quality medical care, support services and socializing activities in a secure, nurturing setting. The center’s goal is to help participants enhance and maintain their health, daily living skills and social connections.

To inquire about adult day center services, contact 508-880-3000 or visit harmonyadhc.com. Harmony Adult Day Health Center is a program of Community VNA with the main office located in Attleboro, MA.

About Community VNA
Community VNA has been dedicated to enhancing health, wellness and quality of life for more than 100 years, providing a range of services, including: Home Health Care, Hospice Care, Palliative Care, Private Care, Adult Day Health Care, Alzheimer’s Assistance Program, as well as Lifeline services and annual Elder Dental Clinics.

Community VNA has been awarded 2017 Home Care Elite Top 500 of home health care agencies nationwide marking the seventh year of this recognition. This award is based on publicly available performance measures in quality outcomes, best practice implementing patient experience, quality improvement and consistency, and financial performance.

For more information, call 508-222-0118 or online at www.communityvna.com and follow Community VNA on Facebook.

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