

ELLENVILLE REGIONAL RURAL HEALTH NETWORK

# Family Wellness Program



Working together, we will help you & your family set & accomplish your health goals as a team!

Our **FREE** program includes:

**Individualized Health Coaching**  
**Nutrition Consultations**  
**Weekly Menu Planning**  
**Family Cooking, Gardening,**  
**& Physical Activity Classes**

For more information please call (845) 647-6400  
EXT. 247 or email [vdragona@erhny.org](mailto:vdragona@erhny.org)