

# Leyden Life

Leyden, Massachusetts

March 2018

## Selectboard Office Hours:

Closed until further notice

## Tax Collector:

Monday and Wednesday 5:30 - 8:00 PM

## Assessors Office:

Wednesday 12:00 - 6:00 PM

## Select Board Office

### SELECT BOARD MEETINGS

The Select Board will meet on Mondays, March 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, and 26<sup>th</sup> at 7:00 PM upstairs in the meeting hall. To be added to the agenda email [selectboard@townofleyden.com](mailto:selectboard@townofleyden.com) at least 72 hours prior to the meeting. Anyone not on the posted agenda is welcome to address the Select Board at the end of the meeting during the "Citizens' concerns not anticipated in advance of the meeting" agenda item time slot.

### MARCH MEETINGS

Thu, Mar 1	4:30 PM	Council on Aging
Mon, Mar 5	7:00 PM	Select Board
Wed, Mar 7	9:00 AM	Board of Health (at the Police Station)
Wed, Mar 7	4:30 PM	Board of Assessors
Mon, Mar 12	7:00 PM	Select Board
Wed, Mar 14	7:00 PM	Planning Board
Mon, Mar 19	7:00 PM	Select Board
Mon, Mar 19	7:30 PM	Conservation Commission
Tue, Mar 20	7:00 PM	Historical Commission (Downstairs at the church)
Wed, Mar 21	4:30 PM	Board of Assessors
Mon, Mar 26	7:00 PM	Select Board

Any changes to these meeting dates or times will be posted separately. Meetings *not* held monthly will also be posted separately. *Note:* Monthly meetings are now posted on the town web site at [www.townofleyden.com](http://www.townofleyden.com). —Select Board

## Select Board

Winter is in full swing and the heavy snow may still be ahead of us. Residents are requested to *not pass* the plow trucks until signaled to do so. This is a safety precaution for you and the Town equipment. The possibility of them hitting something and throwing the front end of the truck into you is real. Please give yourself and the plows a break for everyone's sake.

The Selectboard thanks Gilda Galvis, Sue Howarth, Robin Neipp, Michele Higgins, Rita Klaus and Robie Milner for thoroughly cleaning the kitchen. Their efforts are truly appreciated. Volunteers like them allow the Town to continue to offer community events, coffee sessions, and lunches in Town Hall.

Leyden is in the process of submitting another application for a small bridge grant to repair Simon Keets Bridge. We wish to thank Paul Marks' office staff for their assistance in preparing the grant application. —Lance Fritz, Chair

## Annual Town Caucus

The Annual Town Caucus will be held on

**Monday, March 12th**

at 7:00 PM in Town Hall

Please attend to nominate your favorite candidate(s).

## Town Clerk

### VITAL STATISTICS

Marriages, Births, or Deaths: None reported

### DOG LICENSES

Dog licenses for 2018 are now available. 2017 dog licenses do not expire until March 31, 2018, but 2018 licenses are available for purchase now. Fees are as follows: Neutered and spayed - \$10.00; Not altered- \$15.00; Kennel, 1-4 - \$30.00; Kennel, 5-10 - \$40.00; Kennel, more than 10 - \$50.00. Only checks or money orders are accepted.

—Thank you, Nicole Glabach, Town Clerk

Town Clerk Office Hours are Mondays and Wednesdays,  
5:30 to 7:00 PM, or by appointment.  
Telephone 774-4111, Ext. 3, or Cell/Text at 413-362-9378  
Email: [townclerk@townofleyden.com](mailto:townclerk@townofleyden.com)

## Wells Trust Reminder

Applications for the 2018-2019 Wells Trust Scholarships *must be postmarked by March 20, 2018*. Please send to address printed on the application form. For questions please call Lois at 774-4092. Thank you.



## Library Painting Raffle

Pat Little painted this beautiful reflecting landscape and donated it to the Robertson Memorial Library to be raffled as a fund raiser. It is 12" x 12". Tickets are \$5 each or three for \$12. You may buy tickets and view the painting at the library where it sits on the fireplace mantel.

## Robertson Memorial Library

Library Hours: Monday and Wednesday 1:00 – 6:00 PM, and Saturday 10:00 AM to 12:00 NOON  
Phone 773-9334 (Leave a message any time.)

Local artist Pat Little has donated a great painting to the library as a fund raiser. Pat's work is really impressive, and the piece she has donated is rich in texture and color. It's on display at the library! Raffle tickets for the work are \$5.00 per ticket, and the drawing will take place after the town meeting on May 19<sup>th</sup>. Don't lose out on the opportunity to own a beautiful country scene created by one of the most talented artists in Leyden!

It's that time of year when patrons and friends donate money to support our summer reading program, the ice cream party for readers, and gift certificates for our wonderful volunteers. Please consider donating! Any size gift will be greatly appreciated.

Yes, indeed, it takes a village to run this library! Upon having the furnace cleaned, we learned that we needed a new filter. To our rescue came Wally Reid who purchased a three pack and did the job! How nice it was of him to take time out of his busy schedule to help us out. Thank you, Wally!

Our thoughts go out to Trueman Robbins at the loss of his 'best' dog, Tucker.

—Happy March to all, Chris Johnston



### Tucker, the Library Dog

In the spring of 2009, Tucker, a handsome English Springer Spaniel, became Trueman Robbin's 'best' dog. A rescue from New York state, Tucker moved to Leyden when he was about a year and a half old. He became a regular at the library, joining Trueman who stopped in every Monday and Wednesday to do odd jobs, visit with me and with patrons, and eventually join the ranks of trustee. Whether Trueman was trimming bushes, watering the flowers in the window boxes, shoveling snow, or repairing something, Tucker was *always* by his side.

About two years ago, Tucker suffered an accident at his groomer's resulting in nerve damage to his leg. Thus began a gradual decline in his health, vim, and vigor. But Tucker continued to visit the library, helped to make little children feel comfortable around a big dog, and readily accepted the love and petting of visitors.

This winter was hard on Tucker. His health continued to decline, and on Tuesday, February 13, 2018, Tucker was laid to rest at the South Deerfield Veterinary Clinic. I was fortunate to be with Tucker and Trueman; his passage was very peaceful. Tucker will live on in the happy memories of his presence in our lives.

—Chris Johnston



## Leyden Life Lowdown

### EASY SUBMISSION

Submit an e-mail to Cornelia Reid at [cr43wr41@gmail.com](mailto:cr43wr41@gmail.com), Carolyn Asbury at [carolyn.asbury@gmail.com](mailto:carolyn.asbury@gmail.com), and Bob Taylor at [bobxtwo@verizon.net](mailto:bobxtwo@verizon.net). (Yes, please send it to *all three* of us.)

Either attach a Word document or include the information in the body of the e-mail. If e-mail is not possible for you, hard copies of items for *Leyden Life* can be left in the book drop outside the Library. The deadline for inputs is the **15<sup>th</sup> of the month**.

If you would like to receive the **electronic version of *Leyden Life*** in PDF format, please email the same three addresses listed above.

### THANKS

Thanks to Frances Moretti, the Spatchers, Angels' Rest, Dorothy Howes, Arlene Bernard for contributions and to Michele Higgins, Liz Kidder, Barbara Wallace and Lois Feldman, for collating help. Thanks to deliverers Barbara Wallace, Marie Bartlett, Marie Lovley, Pat Little and the Cafferys. (We apologize if we missed anyone.)

**Keep Leyden  
Beautiful  
Please don't litter!**  
Take empty cans home with you.

### DISCLAIMER

*Leyden Life* is not an official publication of the town, nor an official source of town business. We do our best to print accurately and distribute promptly the announcements and information we receive. Please check with the town to verify information regarding town business or activities.

### Leyden Life

Published monthly in Leyden, Massachusetts by a non-profit group of volunteers.

Editors: Cornelia Reid 774-5146,  
Carolyn Asbury 774-2840

Layout and Design: Bob Taylor 624-8965

Items for the next issue are due to  
Cornelia at [cr43wr41@gmail.com](mailto:cr43wr41@gmail.com),  
Carolyn at [carolyn.asbury@gmail.com](mailto:carolyn.asbury@gmail.com),  
and Bob at [bobxtwo@verizon.net](mailto:bobxtwo@verizon.net)  
by 5:00 PM on

**Thursday, March 15<sup>th</sup>**

If you cannot e-mail your submission, please leave it in the drop box at the back of Town Hall.

**Donations are always welcome!** Send to:  
Leyden Life c/o Reid  
30 West Leyden Road  
Leyden, MA 01337

## Council on Aging (COA)

Winter weather forced several cancellations in February but spring will soon be here and the COA is happy to announce some wonderful events we have planned for March. In addition to the usual Coffee Mornings and Lunches, this month we will be taking a field trip to see the Spring Bulb Show at Smith College.

Lunches at Noon and Coffee Morning from 8:30-10AM will continue on Wednesday in the Community Room with the schedule as follows:

March 7<sup>th</sup>: Light lunch of chili, cornbread and dessert.

March 14<sup>th</sup>: Coffee Morning from 8:30 – 10:00 AM with baked goodies.

March 21<sup>st</sup>: Main lunch of corned beef, potatoes, carrots, Irish soda bread and dessert. Please be sure to call Sue Howarth at 774-3118 to reserve your place and/or indicate any food allergies you might have.

March 28<sup>th</sup>: Coffee Morning from 8:00 – 10:00 AM with baked goodies.

Exercise class has been cancelled due to lack of enrollment. We will be offering either beginners Yoga, QiGong, Tai Chi, or gentle stretching, depending on public interest. If anyone is interested in attending these types of classes, please call Karen at 624-3902.

March 14<sup>th</sup> at 10:00 AM (yes, right after Coffee Morning!) is the Smith College Spring Bulb Show field trip. This is an event not to be missed! Please call Karen Loomis at 624-3902 to reserve a space on the van. There is a suggested donation of \$5.

Movie Night Continues: Friday, March 16<sup>th</sup> with "The Post" 7-9 PM upstairs at Town Hall *on the big screen with popcorn!* This feature film is directed by Steven Spielberg and details the unlikely

partnership between Post publisher Katharine Graham, the first female publisher of a major American newspaper, and editor Ben Bradlee, as they race to catch up with the New York Times and expose a massive cover-up of government secrets that spans three decades and four U.S. Presidents. In an unprecedented battle between the press and the government, they risk their careers to help bring long-buried truths to light. Meryl Streep and Tom Hanks head an impressive ensemble cast in this 2017 film. Rated PG-13.

On Wednesday, March 28<sup>th</sup> Kate Clayton-Jones, MSN RN CFCN will be giving a presentation and clinic on foot care beginning at 10:15AM. "While feet are what most of us get around on, many people know very little about how they are supposed to work or function." Kate is the founder and owner of FootCare by Nurses and she will enlighten you about how feet actually do work, how to use them to balance on, how to care for them and how to match shoes and socks to them to optimize their functioning. No jingles or sales pitch, you will leave with a lot of good foot know how. The presentation will be followed by a foot care clinic during which several Leyden residents will be receiving foot care from Kate. A foot care session includes a lower limb assessment, nail and skin care, a reflexology based foot massage and a personalized nursing conversation that supports health and wellness. The per person fee for the clinic is \$20, the talk is free. Please call Karen Loomis at 624-3902 to sign up for a time slot in the clinic. This is a wonderful opportunity to pamper your feet!

Thanks to everyone who brought baked goodies to the Coffee Mornings and cooked for the meals! Also, special thanks to the kitchen clean-up crew.  
—Karen Loomis

### Leyden Knitting Circle

We'll be knitting in March. Please join us!

Every Tuesday, 1:00 - 3:00, Town Hall, contact Michele Higgins (772-1924) Home knitting times have not yet been set. Contact Laura (773-8325) or Peggy (774-5764) for dates.

All ages and all experience levels are welcome! =

—Laura Timmerman, 773-8325

Facebook Group: "Leyden Knitting Circle." Members sometimes post pictures of their projects here, or interesting knitting-related links.



### New Leyden Telephone Directory

Do you want your phone number listed in the new Leyden town directory? Do you not want your number listed in the directory? Either way, please contact Amy at [amy.woodsprite@gmail.com](mailto:amy.woodsprite@gmail.com) or 774-6907. If you wish to be included, please give your name and address and your phone number, or specify non-published if you do not. Thank you for your help with this.



### Leyden Business Advertisements

Leyden businesses are welcome to submit an ad to the new Leyden Directory. Please send to [amy.woodsprite@gmail.com](mailto:amy.woodsprite@gmail.com). Price will be around \$25 to cover the cost of printing.

—Amy St. Clair

### Leyden Café

The Leyden Café is open **Sunday mornings, 9:30 to 12:00**, downstairs at Town Hall.

Meet your friends and neighbors and enjoy Karyn's delicious baked goodies and Pierce Bros coffee. We look forward to seeing you there!

—Amy St. Clair



Do you have a skill you would like to share with the Leyden community? This coming year the Leyden Café would like to showcase Leyden residents and their talents and interests. We are looking for musicians, artists, crafters, hobbyists and travelers who would be willing to share with friends and neighbors at the Café. Please contact Amy at 774-6907.

### Leyden List

## DIRECTORY OF SERVICES

We would like to start a list of people and service providers that we have had good experiences with. This list would include electricians, plumbers, plowing, yard work, housecleaning, carpentry and contractors, handymen etc. If you have had a good person do a good job, please let us know and we will put them on the list and we will recommend them to other people who are looking for someone. Amy (774-6907 or [amy.woodsprite@gmail.com](mailto:amy.woodsprite@gmail.com))

## Broadband Committee

### Broadband Update Still Moving Forward

As we write this update, we have just received clarification that 90-95% of any poles that need to be replaced in Leyden as part of the broadband project will be fully paid for by the State. This piece of the project has been a critical concern and we are most grateful to Governor Baker for making this happen. With this promise of new state money, we can now move comfortably forward if we need to replace a lot of poles in Town.

Detailed engineering drawings of the fiber network have already been completed. At the same time, a site plan has been developed to locate a necessary "Telecommunications Hut" on a town-owned piece of land on Brattleboro Road, opposite Pearl Rhodes School. It will be built next summer.

We are now beginning the process of filing applications with Verizon and Eversource to find out what it will cost for them to make all of their poles ready for the addition of our fiber. This process and the subsequent actual rewiring/replacement of many of the poles in town will obviously take some time. Leyden is just one of 21 towns simultaneously striving for broadband access. Between now and the end of August, Verizon and Eversource will be asked to start work on 20,000 poles across western Mass.

It is now estimated that we will begin hanging wire in the first quarter of 2019, with the expectation that we will have the broadband network up and running by August of 2019. These dates are certainly farther out than we were originally told, but are now much more realistic.

I want to take this occasion to especially thank two new members of the Broadband team, Dave Vreeland and Sam Bartlett. Dave has volunteered to manage the design and construction of the new Telecommunications Hut. This is no easy task, since we've asked him to make it look like a sugar house. Sam came to our aid when we started receiving large engineering CAD files from our Project Manager and couldn't quite figure out what to do with them. Sam has volunteered to manage the final drop program which will bring fiber from the street to each of the homes in town. Again, no small task.

As always, my thanks to the other members of the broadband team - Bob Anson, Dave Curtis, Tom Luck, and Selectman Lance Fritz for their help and guidance.

—Bob Ryan, Chair, Broadband Committee

## Police Department

Summary of calls for January 2018:

32 Return phone calls, 5 Motor vehicle accidents, 3 Medicals, 3 Trees down on power lines, 2 Animal complaints, 2 House alarms, and 2 Suspicious vehicles.

Remember to call 911 for any emergency and 413-625-8200 for non-emergencies. Office hours for March will be Tuesday evenings, March 13<sup>th</sup> and 27<sup>th</sup> from 7:00 to 8:30 PM.

—Gilda Galvis

## Sugar on Snow Supper

Watch for the full details in the next issue of Leyden Life. The date is Saturday, April 7<sup>th</sup>, with sittings at 5:00 and 6:15 PM.

The menu includes *Maple Glazed Pork, Potato, Maple Glazed Carrots, Salad W/ Maple Vinaigrette, Bread and Butter, Sugar on Snow, Donuts and Pickles*

Call/Text Emily Herron-Clark at 413-336-6248 for reservations.

## Leyden United Methodist Church



Leyden United Methodist Church will hold its Annual Easter Egg Hunt on Saturday, March 31<sup>st</sup> at 11:00 AM. Please meet at the Church for some fun activities while the Easter Bunny is busy hiding the Easter Eggs over on the Town Common. We ask that each family or child, pretty please, bring six or so Easter Eggs so that the Easter Bunny can make sure that there will be

plenty of eggs for everyone who shows up. The Easter Bunny will also be passing out gifts to each child there. The Leyden Rifle Club has graciously volunteered to help out again this year with a generous donation to assist the Easter Bunny. We're looking forward to seeing all the children again this year. Last year was just fabulous, and we sure hope we can do it again. If you have any questions, please give Mary Lou Barton a call at 773-3548. God Bless You ALL.

—Mary Lou Barton

## Are You Missing a Cat?

A very beautiful, fluffy HUGE grey striped male cat showed up at the Barton house several weeks ago and I have been hoping and praying that someone is missing him and would like him back. He is a really good natured cat, very friendly once he got to know me. Unfortunately he has had to stay out in the shed, but I put a fleece blanket out there for him and feed him daily. If you are missing your cat and want him back, please call Mary Lou at 773-3548. Not sure of his name, naturally, so I have been calling him Charlie, which he responds to.

—Mary Lou Barton

## Neighbors Helping Neighbors

The Leyden COA is compiling a list of people of all ages willing to help out occasionally with either indoor or outdoor chores for seniors or disabled persons. Indoor chores might be helping out with cleaning or minor indoor repairs. Outdoor chores might be snow shoveling or yard help. This can be on a volunteer basis or fee for service. Our goal is to help seniors and people with disabilities on limited incomes to be able to age in place and stay in their homes. Advocates to drive and go to medical appointments and help people without family nearby are also needed. Call Amy at 774-6907.

## PRES Invitation to Parents

You are invited to have a conversation with Superintendent Ruth Miller, Administer of Special Education Chris Maguire, and Principal Bob Clancy on Thursday, March 1<sup>st</sup>, at 3:15 PM in the cafeteria. We are interested in questions you have and your expectations regarding your child's school experience; social, emotional, and academic.

We are working to have coverage in place for your children if this will assist you to be able to attend. We look forward to you stopping by.

—Bob Clancy, Principal

## Unclassified Ads

### Unclassified Ads Policy Statement

We welcome unclassified ads from Town residents, and will run them free of charge (though a small donation of \$1 or so is always appreciated). We will normally run an ad for one issue only, unless requested to extend it.

**Free Pianos:** Elwin and Mary Lou Barton have two pianos at their house and they would really like to find some new homes for them. We are giving them away for free because each one needs some minor work done on them plus they also need to be tuned. Please call 773-3548 for details.

**Free Firewood:** Pine; cut, split, dry and covered. I can help you load. Good for outdoor boiler, campfires or sugaring. Call Bill Maguire at 774-5330.

**Bonded pair of Pet birds looking for a new roost!** A lutino Cockatiel and a young Budgerigar parakeet that are best buds are looking to relocate to a home where they could be greatly appreciated. These odd couple birds are very healthy, and happy to entertain themselves, but do enjoy inclusion in human domestic environments! If you have the inclination to chum around with these two avian pals, please call Chris at 624-3077.

**Neighbors Helping Neighbors: Are you looking for some help?** I can clean your house; help with laundry and any other household chores. I'll run errands and do shopping. I also offer light PCA work if you have any need for home care. I will prepare meals; offer companionship, read a book, play cards. I am responsible, dependable and affordable. Thank you, and I look forward to hearing from you. Please call me at 413-834-3843. Melissa Sims

**Glenbrook Structures:** Need a chicken coop or a dog kennel at a reasonable price? Various sizes and designs are available. Call Michelle Barton or Chris Kemp at 774-4545 to place an order. We're also on Facebook and Craigslist.

**Stall Clean-outs:** We are looking for manure, bedding, and other compostable materials such as old hay, leaves, etc. Call Robin or Laura at 773-8325.

**Boer Goat Meat** is available at Frizzell Hill Farm. Goat is quite tasty, low in fat and cholesterol, and high in protein and iron. Give it a try! Visit [frizzellhillfarm.com](http://frizzellhillfarm.com) for information and a price list. Thanks for supporting local Leyden farms!

**Bill Maguire Painting:** Serving the Leyden area's paint and staining needs since 1978. Interior, exterior, deck refinishing, window sash work, power washing, dirt and mildew removal. Call 413-774-5330.

**Erik's Handyman Service:** Let me help you with your "to do" list. Property maintenance, brush control, lawn mowing, rototilling, odd jobs, and miscellaneous projects. If you could use some help, give me a call at 413-774-9948 and ask for Erik, or e-mail to [erikshandy1@yahoo.com](mailto:erikshandy1@yahoo.com). Reasonable rates. Insured.

**Ed's Sugar Shack** has fresh local maple syrup for sale. Available in gallons, half gallons, quarts and pints. Call 773-7619, Ed and Carol Johnson, 72 South County Road, Leyden. Member of Massachusetts Maple Producers Association

**Natural Lamb** is available again from the Petersons at Orchard Valley Farm. No growth-enhancing hormones or antibiotics. Usual cuts generally available. Special orders on request. Call 624-5562 or email [ovfarm@verizon.net](mailto:ovfarm@verizon.net). Like us on Facebook at Orchard Valley Farm.

## Angels' Rest

March 8-11: A Taste of Air: Women's writer retreat with Gail Cleare. Get your creative juices flowing! Commuters welcome! [www.gailcleare.com](http://www.gailcleare.com)

Did you know Angels' Rest is on Facebook and Instagram? You can find us at Angels Rest Retreat Center.

## Sweet Morning Farm

**2018 FARM SHARES:** Shares are on sale! It's time to reserve your share of Leyden-grown, organic vegetables, fruits, and flowers. Shares include a wide variety of vegetables, and flowers plus pick-your-own items. Shares come in two sizes. Our farm is not certified but we are completely committed to organic and sustainable practices.

**SIGNING BONUS:** All who pay in full for their share before March 20<sup>th</sup> receive a free dozen eggs as our thank-you.

**FOR MORE INFO:** Call or email Robin and Laura at the farm, or check out our blog, or Facebook page, or stop by the Leyden library or Town Hall to pick up a brochure. We invite you to become part of our little farm.

**PORK:** We grow pork on pasture and organic feed. We have pork available year round. You also have the option to reserve a hog or half a hog for the fall. More information here: <http://sweet-morning-farm.blogspot.com/p/pork.html>

**EGGS:** We sell organically-grown pasture-raised chicken eggs year round. Call or email for availability or to be placed on our Farm News email List. Stop by the farm or come to the Greenfield Winter Farmers' Market on March 3<sup>rd</sup> at Four Corners School.

**SNAP Customers:** You can now use your SNAP card to pay for Farm Shares.

—Robin Creamer and Laura Timmerman  
Sweet Morning Farm—413-773-8325

[sweetmorningfarm@gmail.com](mailto:sweetmorningfarm@gmail.com)

<https://www.facebook.com/SweetMorningFarm>

<http://sweet-morning-farm.blogspot.com/>



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# **Annual Easter Egg Hunt**

**Hosted By The Leyden United Methodist Church**

**Sponsored By Leyden Rifle Club**



**Saturday, March 31st - 11:00 am**

**Leyden United Methodist Church**

**15 W. Leyden Rd, Leyden Ma 01337**

**Leyden Center**

**Games and Crafts**

**Treats and a Toy from the Easter Bunny**

**Please bring six colored hard boiled or treat filled plastic eggs (per child) for hiding on the town common**

**Contact Emily Herron-Clark for more info**

**413-336-6248**

# **New England Sugar On Snow Supper**

**Hosted by the Leyden United Methodist Church**

**Saturday, April 7th**

**Sittings at 5:00 and 6:15 PM**

**Leyden Town Hall**

**16 West Leyden Road, Leyden MA, 01337**

***Maple Glazed Pork***

***Potato, Maple Glazed Carrots***

***Salad W/ Maple Vinaigrette, Bread and Butter***

***Sugar on Snow, Donuts and Pickles***

**Adults \$12, Children 12 and Under \$6**

**50/50 Drawing**

**Please Call To Reserve**

**To-Go Orders Available**

**Emily Herron-Clark, Call/Text 413-336-6248**

# Osteoporosis Retreat

with Cindy Brown

April 6-8th, 2018

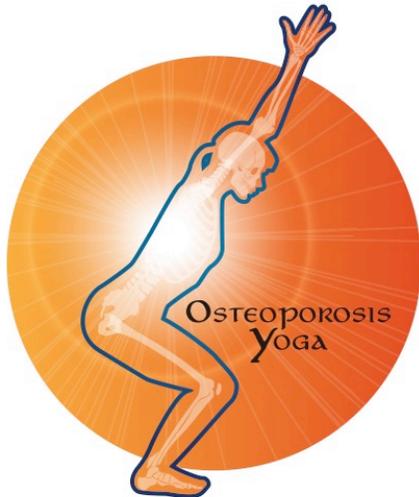
at

The Angels' Rest Retreat Center  
Leyden, MA

**Education**

**Support**

**Yoga for Osteoporosis**



Join Cindy Brown for a pampering weekend of Osteoporosis yoga, education, support, meditation, relaxation, walking, laughter yoga, chanting, and healthy food for bone health, all in a most beautiful setting overlooking the Green Mountains.

Cindy Brown is a psychotherapist, yoga teacher, and a certified osteoporosis yoga teacher. She has a great passion for sharing her knowledge, training and personal experience dealing with Osteoporosis.

For further details and to register visit:

[www.osteoporosisyoga.com](http://www.osteoporosisyoga.com)

Email Cindy at: [yogaatthebarn@yahoo.com](mailto:yogaatthebarn@yahoo.com)