

Darien Library's January Wellness Series Starts With 'The Art of Coziness' on Jan 4

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Tagged as : [Vanessa Young](#)

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Looking to reset in 2022? Want to start new habits in the new year?

Darien Library is hosting programs geared toward personal wellness throughout the month of January.

— *an announcement from Darien Library*

From evenings with authors who specialize in topics like personal retreats, sleep science, and plant-forward diets to local experts in microgreens and plant propagation, learn a variety of new skills and information to lead you through 2022.

This series of wellness programs begins with “The Art of Coziness with Vanessa Young” at 7 p.m., Tuesday, Jan. 4.



Embrace the winter season with practical tips to support comfort and happiness at home with cooking instructor and educator Vanessa Young, who will share her artful approach to wellness topics.

Register for “The Art of Coziness with Vanessa Young” and other January wellness programs on the [Darien Library website](#).