

## **Next DCA Women's Luncheon on 'Darien Wellness Opportunities' Tuesday, Jan 7**

**Author :** David Gurliacci

**Categories :** [Darien Community Association](#), [Healthy Living](#)

**Tagged as :** [DCA Women's Luncheons 2020](#), [Henri Helander](#), [Inner Light Wellness](#), [Jeanne Bloom](#), [Nancy Joyce](#), [Performance Physical Therapy](#), [To and From](#), [Tod Wilkowski](#)

**Date :** December 24, 2019



The Darien Community Association Women's Luncheons will feature "Darien Wellness Opportunities – Discover exciting and innovative places to go in our own town!" for their luncheon on Tuesday, Jan. 7 at 12:15 p.m. at the DCA.

— *an announcement from the* [Darien Community Association](#)

This luncheon will have three presenters.

Nancy Joyce joins us from Inner Light Wellness in Darien to share her insights and thoughts on being a young wellness entrepreneur in town.

She will discuss how the practice of yoga, combined with infrared light technology (infrared saunas) can help you set yourself up for a relaxing and healthy year ahead.

Jeanne Bloom and Henri Helander created TO AND FROM with the intention of bringing a new, modern nail concept to Fairfield County. Their goal: to create a beautiful space that only uses clean products.

The most important part of the salon though is the team. Bloom and Helander focus on fair wages for employees and fair hours. They believe a team is the heartbeat to a great salon.

## *Darienite*

### *News for Darien*

*<https://darienite.com>*

---

They are devoted to team education and remaining up-to-speed with all standard practice and new techniques that align with the salon.

Todd Wilkowski PT, OCS, SCS is a board-certified orthopedic and sports clinical specialist, a Titleist Performance Institute certified golf fitness instructor, and a Hospital for Special Surgery Credentialed Advanced Hip Clinician.

Todd is the founder and CEO of Performance Physical Therapy and Wellness across New York and Connecticut and has continued to evolve the Performance business and brand.

This event is \$40 per person, or \$25 for DCA members, and includes a lunch which will be provided by Michael Joseph's Catering.

Prepayment for this event is required by noon on Monday, Jan. 6, and can be made online at [DarienDCA.Org](http://DarienDCA.Org), or by contacting the DCA at 203-655-9050 ext. 10. The DCA is located at 274 Middlesex Road, Darien.