

# Welcome to our... **2025** Programs



**Culturally Responsive**

**CAREGIVER SUPPORT+  
DEMENTIA SERVICES**

## JAN 2025

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## FEBRUARY

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## APRIL

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## MAY

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## JUNE

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## JULY

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### KEY

- Spiritual Health
- Cultural Community
- Wellness Wednesday
- Ask a Nurse
- Brain Health
- Caregiver Support (evening)
- Wayman Group
- Resource Essentials
- Financial Readiness

### PARTNERS

**Culturally Responsive Caregiver Support  
+ Dementia Services**

**FOR MORE INFORMATION  
Call the Helpline: 952-945-4034**



## Spiritual Health

**1st & 3rd Tuesdays – 10 to 11 a.m. – [Zoom](#)**

Faith-based sessions use spiritual principles to uplift and engage caregivers and older adults. Share caregiving challenges. Includes seated exercises.

## Cultural Community Connection

**4th Tuesday – 10 to 11 a.m. – [Zoom and Facebook Live](#)**

Get community perspectives and learn what is happening in our neighborhoods and its impact. Guest speakers and leaders share insights. Includes breathing, mindfulness, and seated exercises.

## Wellness Wednesday

**1st Wednesday – 10 to 11 a.m. – [Zoom](#)**

Fact-based community education sessions engage and inform you about healthy lifestyles and wellbeing. We'll share information from local, state, and national health organizations.

## Ask A Nurse

**Last Wed. of the month – 10:30 a.m. to 12 p.m.**

In-person breakfast from 10:30 to 11 a.m. at **Center for Families, 3333-4th St. N., Minneapolis**

Virtual program – 11 a.m. to 12 p.m. – [Zoom and Facebook Live](#)

## Brain Health *Reduce Your Risk!*

**3rd Wednesday – 10 to 11 a.m. – [Zoom](#)**

Chronic disease and everyday challenges can impact your brain health. Join to reduce your risk for dementia.

## Caregiver Support Group (Evening)

**2nd Thursday – 5 p.m. to 6 p.m. – [Zoom](#)**

Group sessions offer caregiver education, support, info on community resources and networking with caregivers.

## Wayman Caregiver Support Group

**4th Saturday – 1 p.m. to 2 p.m. – [Zoom](#)**

Offers caregivers education, support, info on community resources and chance to connect with others.

Wayman African Methodist Episcopal Church, 221 7th Ave. N., Minneapolis

## Older adult and Caregiver Resource Essentials

**2nd Thursday – 11 a.m. to 12 p.m. – [Zoom](#)**

A monthly platform used to promote up-to-date community and health resources, such as free vaccination locations, community food shelves, health fair events, computer training, Medicare updates, and more.

## Financial Readiness for Caregiving

**Quarterly on the Second Wednesday – 11 a.m. to 12 p.m.**

Up-to-date financial resources for caregivers and older adults. Topics may include: respite funds resources, co-pay resources, sliding fee community clinics, volunteer resource, Medicare information, and more.

### Dates:

**Q2:** April 9, 2025

**Q3:** July 9, 2025

**Q4:** October 8, 2025

**Q1:** January 14, 2026



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