

Welcome to our... 2025 Programs



AUGUST 2025						
S	M	T	W	T	F	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SEPTEMBER						
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OCTOBER						
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NOVEMBER						
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DECEMBER						
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KEY	■ Spiritual Health	■ Caregiver Support (evening)
	■ Community Connection	■ Wayman Group
	■ Wellness Wednesday	■ Resource Essentials
	■ Ask a Nurse	■ Financial Readiness
	■ Brain Health	

PARTNERS



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.

Community Connection

4th Wednesday – 10:30 to 11:30 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 Tuesday – 11:30a.m. to 1p.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: Q4: October 8, 2025
Q1: January 14, 2026