

2022 Virtual PROGRAMS

on zoom



JANUARY 2022

S	M	T	W	T	F	S
						1
2	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					

FEB

		1	2	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					

MAR

		1	2	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		

APR

					1	2
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

MAY

1	2	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				

JUNE

			1	2	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		

NEW! BRAIN HEALTH *Reduce your risk!*

4th Thursday – 3:30 to 4:30 p.m.

Chronic disease and everyday challenges can impact your brain health. By joining these sessions, you will learn about risk factors, and steps to take to reduce your risk for dementia.

SPIRITUAL HEALTH*

1st & 3rd Tuesdays – 10 to 11 a.m.

Faith-based sessions use spiritual principles to uplift and engage caregivers and older adults. Learn and share your challenges of caregiving and growing older from a spiritual perspective.

WELLNESS WEDNESDAYS*

1st & 3rd Wednesday – 10 to 11 a.m.

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

CULTURAL COMMUNITY CONNECTION*

4th Tuesday – 10 to 11:15 a.m.

Community perspectives and info on what is happening in our neighborhoods and its impact. Guest speakers and leaders share their insights from a culturally reflective point of view.

CAREGIVER SUPPORT GROUP

2nd Thursday – 11 a.m. to 12:30 p.m.

Group sessions offer caregiver education, support, information about community resources and networking with other caregivers.

**Breathing, mindfulness, and seated exercises*

- NEW! Brain Health
- Spiritual Health
- Wellness Wednesdays
- Cultural Community Connection
- Caregiver Support Group



Culturally Responsive

**CAREGIVER SUPPORT+
DEMENTIA SERVICES**

Call 952-945-4025 for details and to register. **HELPLINE** 952-945-4034