**SUMMER to WINTER 2021**

**Community EDUCATION**

**SPIRITUAL HEALTH**
1st & 3rd Tuesdays of each month
10 to 11 a.m. – Call 952-945-4025 to join

*On Zoom* – Faith-based community educational forum. Using spiritual principles, these sessions offer caregivers a chance to discuss and share ways of coping with the difficulties of caring for their elderly loved ones, particularly, those with dementia.

**WELLNESS WEDNESDAYS**
1st & 3rd Wednesday of each month
10 to 11 a.m. – Call 952-945-4025 to join

*On Zoom* – Fact-based community educational forum that uses info from Minnesota Dept. of Public Health, the Center for Disease Control, Alzheimer’s Foundation, American Heart Association and the Diabetes Foundation.

**CULTURAL COMMUNITY CONNECTION**
4th Tuesday of each month
10 to 11:15 a.m. – Call 952-945-4025 to join

*On Zoom or in-person* – Topics include Mental Wellness, COVID-19, and updates. Invited community leaders and other experts will speak and answer questions.

**CAREGIVER SUPPORT GROUP**
2nd Thursday of each month
11 a.m. to 12:30 p.m. – Call 952-945-4025

*On Zoom* – Group sessions offer caregiver education, emotional support, information about community resources and networking with other caregivers.

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**Address**
3333 N. 4th St.
Mpls., MN 55412

**Culturally Responsive**
**CAREGIVER SUPPORT + DEMENTIA SERVICES**

Call 952-945-4025 for details and to register

**Helpline** 952-945-4034