

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.

SUMMER to WINTER 2021



JULY 2021

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Wellness Wednesdays – Zoom
Spiritual Health – Zoom
Cultural Community Connection – Zoom or in-person
Caregiver Support Group – Zoom



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Address

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Mpls., MN 55412

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Call 952-945-4025 for details and to register
Helpline 952-945-4034