BRAIN HEALTH  Reduce your risk!

4th Thursday – 10 to 11 a.m.
Chronic disease and everyday challenges can impact your brain health. Join these sessions, to learn risks, and take steps 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 WEDNESDAY

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

NEW! ASK A NURSE

Last Wed. of the month – 11 a.m. to 12 p.m.
Breakfast from 10:30 to 11 a.m. at Center for Families 3333-4th St. N., Minneapolis Virtual program from 11 a.m. to 12 p.m.

*Breathing, mindfulness, and seated exercises

CALL 952-945-4025 or HELPLINE 952-945-4034

KEY

- Brain Health
- Spiritual Health
- Wellness Wed.
- Cultural Community
- Caregiver Support
- NEW! Ask a Nurse

Culturally Responsive
CAREGIVER SUPPORT+ DEMENTIA SERVICES