

# 2023

# Virtual PROGRAMS

on ZOOM & Facebook Live

## 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**



## JULY 2023

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## PARTNERS



## KEY

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



**Culturally Responsive**

**CAREGIVER SUPPORT+  
DEMENTIA SERVICES**