

**Wednesday, January 8**

- Dementia Support Group - 1:00pm

**Thursday, January 9**

- Bereavement Support Group - 11:00am

**Saturday, January 11**

- Childbirth Class - 9:00am

**Monday, January 13**

- Walk with a Doc

**Tuesday, January 14**

- Lactation/Breastfeeding Class - 6:00pm

**Tuesday, January 21**

- Parkinson's Support Group
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**Dementia Support Group**

**Time:** 1:00pm

Alzheimer's Association support group, conducted by trained facilitators, are a confidential place for caregivers, family and friends of persons with dementia to exchange practical information on caregiving challenges, talk through issues and ways of coping, share feelings and concerns, and learn about community resources.

**Bereavement Support Group**

**Time:** 11:00am

Learn ways to cope with the loss of a loved one. You will receive information about grief and regain balance in your life in a supportive environment.

Join us on the second Thursday of each month at 11 a.m.

**Childbirth Class**

**Time:** 9:00am

This class is for expecting mothers, and their partners, who plan to deliver at our facility. Topics covered include: physical changes in pregnancy, complications of pregnancy, stages of labor, pain management strategies, vaginal delivery, cesarean section, postpartum care, newborn care plus a tour of the unit.

Lunch will be provided.

To reserve a seat, please call 903.737.3900, option 1.

**Walk with a Doc**

Take a step toward better health

Join us for Walk with a Doc! These provider-led walking groups are a fun and safe place to get some steps, learn about health, and meet new friends. The events are FREE and all are welcome!

### **Lactation/Breastfeeding Class**

**Time:** 6:00pm

Please bring a snack, drink and doll for positioning exercises.

We will discuss the benefits of breastfeeding, breastfeeding techniques and positions, myths vs. truths and more. This class is designed to be a fun and interactive way to explore all that breastfeeding has to offer you and your little one.

### **Parkinson's Support Group**

This group meets the third Tuesday of each month at Prime Senior Center at 1 p.m. Each session features a different speaker or activity to help support you on your journey with or as a caregiver to someone with Parkinson's Disease.