

Monday, March 10

- Walk with a Doc

Wednesday, March 12

- Dementia Support Group - 1:00pm

Thursday, March 13

- Bereavement Support Group - 11:00am
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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!

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.