

March 2017

Supporting seniors and family caregivers

		01	02	03
06	07 Stress Busting Class 1:00 p.m.	08 Grupo de Apoyo para Cuidadores de Personas Adultas Mayores 11:30 am	09	10
13 Brain Rally 11:30	14 Brain Brain Aerobics 11:30 Stress Busting Class 1:00 p.m.	15 Awareness Anatomy of the Brain 11:30	16 Week Brain Health 11:30	17 Brain Olympics 11:30
20 Problem Solving Techniques for Caregivers 11:30	21 Compassion in Action 9:30 Stress Busting Class 1:00 p.m.	22 Grupo de Apoyo para Cuidadores de Personas Adultas Mayores 11:30 am	23	24
27	28 Stress Busting Class 1:00 p.m.	1301 E. Fern Ave. Ste B4 McAllen, Texas 78501 956-630-6667		

**Free and Bilingual
 programs designed to
 educate and empower
 family caregivers--give
 us a call 956-630-6667**



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