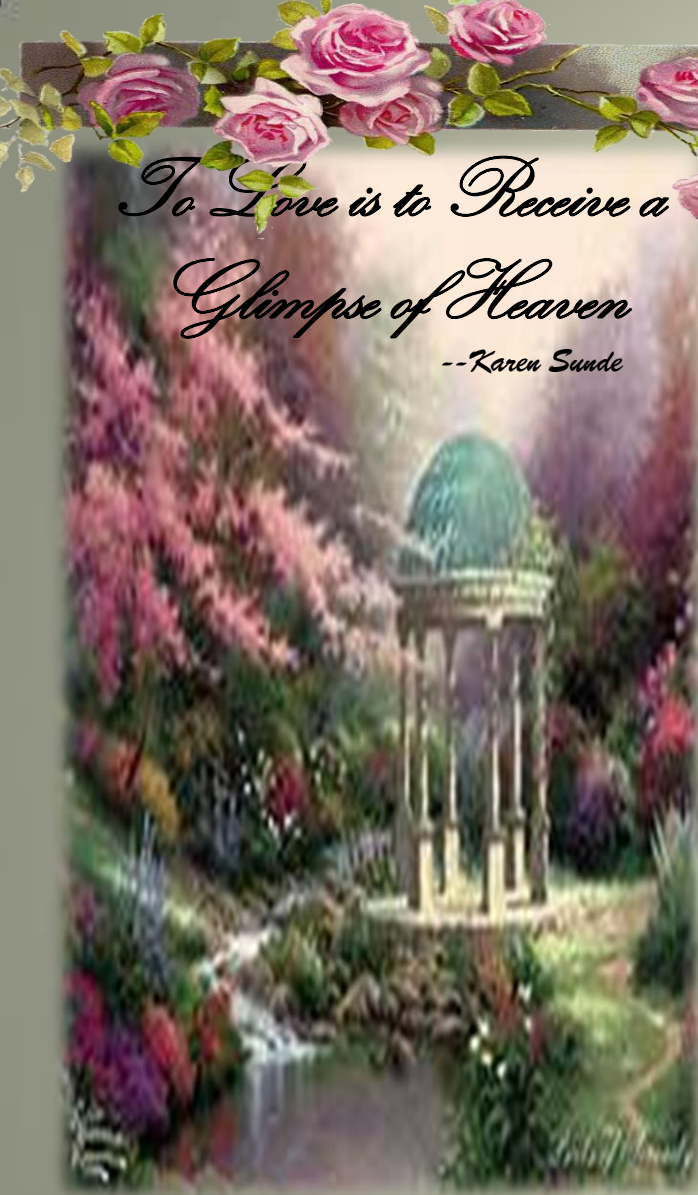


June 2017



*To Love is to Receive a
Glimpse of Heaven*
---Karen Sunde

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Monday	Tuesday	Wednesday	Thursday	Friday
		 WWW.CAREGIVERSOS.ORG		
5 CAREGIVER PASSPORT TO WELLNESS 9:30 AM	6 MEET YOUR BILINGUAL CAREGIVER SPECIALIST (Walk Ins Welcome & Appointments Available Upon Request Call: 210-507-3139)	7 TELECONNECTION "PLANNING A SUMMER VACATION? TRAVEL TIPS FOR CAREGIVERS" E. Greb, LCSW 11 AM (SOS Center & By Phone)	8 NEW MEMBER & CAREGIVER ORIENTATION SOS CENTER 10 AM ALZHEIMER'S SUPPORT GRP WESTOVER HILLS 10910 Town Center Drive 1:30 -3:00 PM	9 WELLMED SCREENINGS CISNEROS SR. CTR. SENIOR HEALTH & FINANCIAL AWARENESS FAIR St. Margaret Church 1314 Fair Ave. 9 AM -2 PM
12 CAREGIVER PASSPORT TO WELLNESS 9:30 TELECONNECTION "COMMUNICATING WITH HEALTH CARE PROVIDERS" - Z. Hilger LPC 12 PM (SOS Center/& By Phone)	13 RELAXATION SERIES "MEDITATION" 10:30 AM SOS Center at Cisneros Pt. 5	14 New! STRESSBUSTING -#1 GENERAL CAREGIVERS 10:30 -12:00 PM SOS Cisneros Center (Registration Required at 210-507-3139)	15 LIFE INSPIRATIONS SOS CENTER AT 10 New! STRESSBUSTING -#1 "DEMENCIA" EN ESPANOL 1:30--3:00 PM Westover Hills 10910 Town Center Drive (Registracion Requerido Llamar al: 210-507-3139)	16 WELLMED SCREENINGS CISNEROS SR. CTR. 730 AM -12 PM
19 CAREGIVER PASSPORT TO WELLNESS 9:30 AM	20 HEALTHY EATING DEMO BY GRACE HOSPICE SOS CISNEROS 10:30 AM	21 STRESSBUSTING # 2 10:30 -12:00 PM SOS Center TELECONNECTION "ANTICIPATORY GRIEF FOR DEMENTIA CAREGIVERS" L. Wayman - 1 PM (SOS Center & By Phone)	22 MEMBER ORIENTATION SOS CENTER 10 AM STRESSBUSTING -#2 "DEMENCIA" EN ESPANOL 1:30--3:00 PM Westover Hills 10910 Town Center Drive (Registracion Requerido Llamar al: 210-507-3139)	23 WELLMED SCREENINGS CAREGIVER SUPPORT "CUP OF CARE" SOS CENTER at CISNEROS 1030 AM (BILINGUAL) Relaxation Technique of the Month: Breathing
26 TELECONNECTION RECOGNIZING DEPRESSION AND TREATMENT- Dr. J. Huysman, PsyD, LCSW (SOS Center/ Phone) 11 AM	27 RELAXATION SERIES "ART THERAPY" 10:30 AM SOS Center at Cisneros Pt. 6 CELEBRATION FOR VETERANS & THEIR FAMILIES 9 AM -12 PM Villa De San Antonio 8103 North Hollow	28 STRESSBUSTING #3 GENERAL CAREGIVERS 10:30 -12:00 PM SOS Cisneros Center (Registration Required at 210-507-3139)	29 STRESSBUSTING -#3 "DEMENCIA" EN ESPANOL 1:30--3:00 PM Westover Hills 10910 Town Center Drive (Registracion Requerido Llamar al: 210-507-3139)	30 WELLMED SCREENING CISNEROS SR. CTR. 730 AM -12 PM