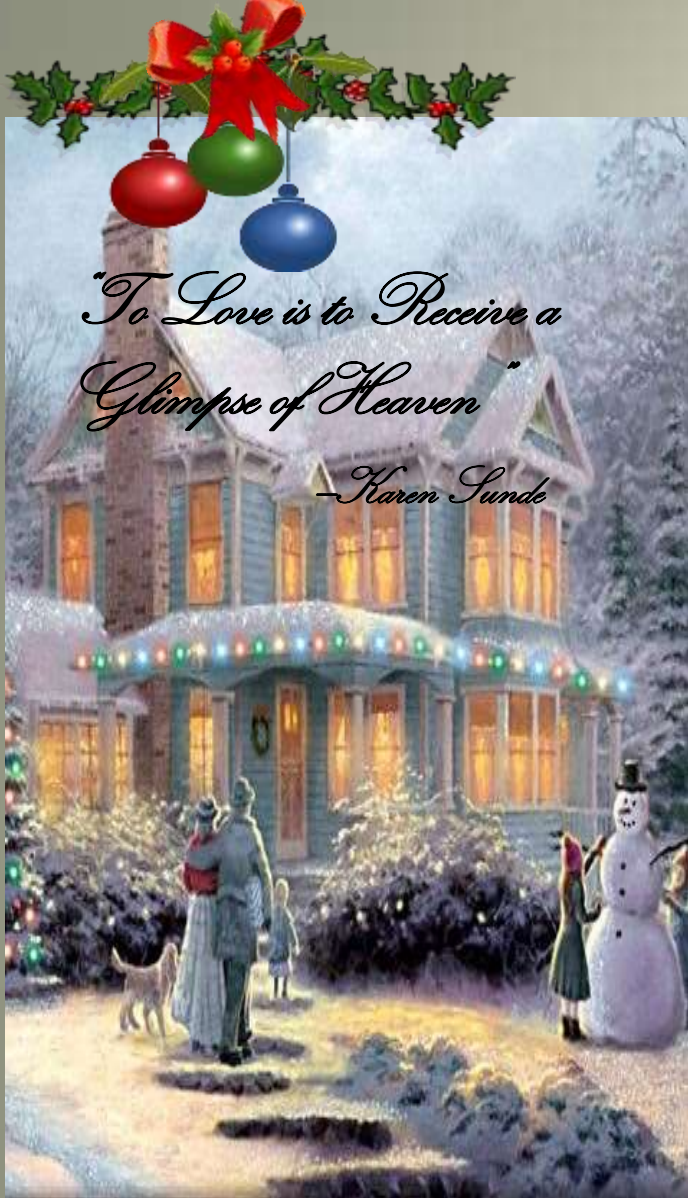


December 2017



Monday	Tuesday	Wednesday	Thursday	Friday
		 www.caregiversos.org		
4	5	6 TELECONNECTION "BACK TO THE FUTURE OF AGING" –C. Zernial 2 pm	7 NEW MEMBER ORIENTATION SOS CISNEROS 10 AM STRESSBUSTING PROGRAM FOR FAMILY CAREGIVERS WESTOVER HILLS 1:30 pm	8
11 TELECONNECTION "MANAGING THE HOLIDAYS" –Z. Hilger 12PM WELLMED WELLNESS HEALTH ED. CLASS AT SOS CISNEROS 9:30 AM	12 WELLMED WELLNESS HEALTH ED. CLASS - 9:30 am AT SW MILITARY CLINIC	13 CAREGIVER SUPPORT "HOLIDAY STRESS" SOS AT LOPEZ SENIOR CTR 10:30 am	14 LIFE INSPIRATIONS GROUP SOS CISNEROS AT 10:30 AM STRESSBUSTING PROGRAM FOR FAMILY CAREGIVERS WESTOVER HILLS 1:30 pm ALZHEIMER'S SUPPORT MEMORY CARE AT WESTOVER HILLS AT 1:30 –3:00 PM	15
18	19	20	21	22
~~ Caregiver SOS Center will be closed from Dec. 18 –Jan 2.				
25	26	27	28	29

Gloria Miranda, BA
 Program Manager
 (210) 507-3131
 gmiranda@wellmed.net
 509 SW Military Dr. Suite #100

Merry Christmas and Happy New Year!

