

3	4	5 TeleConnection Living Alone with Dementia 11 -11:30 A.M.	6 Stress Busting Class 1:30 pm	7
10	11 Caregiver Specialist Answering Your Calls 10 am -12:00 p.m. 956-662-6364	12	13 TeleConnection Dear Lucy 10-11 a.m. Stress Busting Class 1:30 pm	14
17	18 TeleConnection Mouth Health -- Body Health 1-2 pm	19	20 Stress Busting Class 1:30 pm	21
<p>Stress Busting Class is full--- caregivers pre-register for upcoming class coming back in Oct 2018. Call 956-662-6364</p>			27 TeleConnection Hospice Care 11-12 pm Stress Busting Class 1:30 pm	28

Free programs designed to educate and empower family caregivers--give us a call 956-662-6364

**Programas disponibles en Español.



Programs Partially funded by:



Vanessa Tobias, Caregiver Support Specialist
956- 662-6364

