


Monday	Tuesday	Wednesday	Thursday	Friday 1
4 9am-11am Coffee with Mari	5 <b>*11am-12pm Teleconnection- The A's of Dementia</b>  **2pm-3:30pm Stress Busting Class #4 at The Bridges in Mission	6	7  <b>***2:30-4pm Caregiver Exercise Class</b>	8
11 9am-11am Coffee with Mari  <b>*12-1pm Teleconnection- What services are available for caregivers?</b>	12  **2pm-3:30pm Stress Busting Class #5 at The Bridges in Mission	13	14 <b>*10am-11am Teleconnection- Dear Lucy</b>  ***2:30-4pm Caregiver Exercise Class	15
18 9am-11am Coffee with Mari	19  **2pm-3:30pm Stress Busting Class #6 at The Bridges in Mission	20  <b>*11am-12pm Teleconnection- How to motivate without bullying in caregiving.</b>	21  <b>***2:30-4pm Caregiver Exercise Class</b>	22
25 9am-11am Coffee with Mari	26 <b>*12-1pm Teleconnection Grief and loss</b>  **2pm-3:30pm Stress Busting Class #7 at The Bridges in Mission	27	28 <b>***2:30-4pm Caregiver Exercise Class</b>	

**\*Teleconnection Call 866-390-6491 to register**  
**\*\*Stress Busting Class Call 956-630-6667 to register**  
**\*\*\*Caregiver Exercise Group Call 956-630-6667 for information**

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



Programs Partially funded by: 

**Hidalgo County  
 Caregiver Support Specialist  
 Mari Ortega 956-630-6667**

