

February 2019



Supporting seniors and family caregivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>TeleConnections are live educational sessions via phone. Caregivers must pre-register by calling: 1-866-39-06491</p>			<p>3 <u>EDUATION CLASS</u> Physical Dimension of Wellness Senior Center - HAR 1:15 – 2:30 pm</p>	<p>1</p>
<p>4</p>	<p>5 Teleconnections: The A's of Dementia 11:00 am</p>	<p>6 Stress Busting Week 1 1:30 – 3:00 PM</p>	<p>7 <u>EDUATION CLASS</u> Social Wellness Dimension Senior Center - HAR 1:15 – 2:30 pm</p>	<p>8</p>
<p>11</p>	<p>12 SOS Program Meet and Greet WellMed Clinic San Benito 2:00 – 4:00 pm</p>	<p>13 Stress Busting Week 2 1:30 – 3:00 PM</p>	<p>14 <u>EDUATION CLASS</u> Occupational Wellness Dimension Senior Center - HAR 1:15 – 2:30 pm Teleconnections: DEAR LUCY 10:00 am</p>	<p>15</p>
<p>18</p>	<p>19</p>	<p>20 Teleconnections: Motivating without Bullying 11:00 am Stress Busting Week 3 1:30 – 3:00 PM</p>	<p>21 <u>EDUATION CLASS</u> Intellectual Wellness Dimension Senior Center - HAR 1:15 – 2:30 pm</p>	<p>22 SOS Program Meet and Greet WellMed Clinic Harlingen 2:00 – 4:00 pm</p>
<p>25</p>	<p>26 Teleconnections: Grief and Loss 12:00 pm</p>	<p>27 Stress Busting Week 4 1:30 – 3:00 PM</p>	<p>28 <u>EDUATION CLASS</u> Spiritual Wellness Dimension Senior Center - HAR 1:15 – 2:30 pm</p>	

Free and Bilingual programs designed to educate and empower family caregivers--give us a call 956-365-4718



Programs Partially funded by: 

**Harlingen Senior Center,
Caregiver Support
Specialist—Romy Zarate
956- 365-4718**

