



# Enrichment Center Caregiver Calendar

## August 2019



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>  1pm: Caring For A Loved One In The Home/Dementia Support	<b>2</b>
<b>5</b>  10am: Caring Connection Support Group	<b>6</b>  1pm: Caregiver Time Out	<b>7</b>  10am: Diabetes Support	<b>8</b>  1pm: Grief Support Group 1pm: Stroke Support Group 2pm: Navigating Through Care	<b>9</b>
<b>12</b>  6:30pm: MS Support Group	<b>13</b>  1pm: Caregiver Time Out 1pm: Low Vision Support Group	<b>14</b>  10:30am: Parkinson's Disease Support Group	<b>15</b>  1pm: Dementia Support Group 3pm: Advanced Directives w/ Legal Aid	<b>16</b>
<b>19</b>	<b>20</b>  1pm: Caregiver Time Out	<b>21</b>	<b>22</b>  10am: Grandparents Raising Grandchildren Support	<b>23</b>
<b>26</b>	<b>27</b>  1pm: Caregiver Time Out	<b>28</b>	<b>29</b>	<b>30</b>

*Signups for all programs are strongly encouraged in case of cancelation. You can RSVP at (919) 776-0501 ext. 2201.*

*Please call Holly Hight, Caregiver Specialist, at (919) 776-0501 ext. 2230 for more information regarding these programs or for further assistance.*