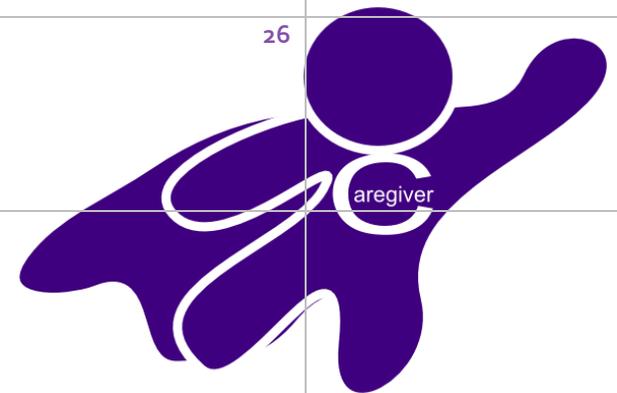


July 2018

EC Caregiver Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 10am: Caring Connection Support Group	3 1pm: Caregiver Time Out	4 Happy 4 th Of July! (Center Closed)	5 1pm: Alzheimer Support Group	6
9 6:30pm: MS Support Group	10 1pm: Caregiver Time Out 1pm: Low Vision Support Group 6pm: ANGELS Support Group	11 11am: Better Sleep Bingo!	12 1pm: Stroke Support Group 1pm: Grief Support Group	13
16	17 1pm: Caregiver Time Out	18 10:30am: Parkinson's Support Group	19 1pm Alzheimer Support Group/Caregiver Ice Cream Social	20
23	24 1pm: Caregiver Time Out 2pm: Downsizing Program 6pm: ANGELS Support Group	25	26	27
30	31 1pm: Caregiver Time Out			



PLEASE CALL HOLLY HIGHT (919) 776-0501 EXT. 2230 FOR MORE INFORMATION REGARDING ANY OF THESE PROGRAMS.