

Healthy Self Care Support for Caregivers and the Bereaved



Facilitator: Jane Pedicone, MS, Nutritionist, Certified Fitness Professional

Sponsored by



Peter "Skip" Urban, Supervisor

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First Tuesday, Monthly 7:00-8:00 PM (September-May)

(Door is open at 6:30 PM)

For additional information contact Dolores

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Learn skills and tools among friends that understand your journey. Your good health is a gift to you, your loved one and your family. Mindful Meditation, Stretch and Balance Exercises, and Nutrition are among the many topics to be explored.