

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 9am-11am Coffee with Mari</p>	<p>5 11am-12pm Teleconnection Frontal Temporal Degeneration:What it is. What it's not. Signs-Symptoms.</p> <p>2pm-3:30pm Stress Busting Class #8 The Bridges - Mission</p>	<p>6 WELLMED Clinic Day Meet Caregiver Support Specialist at WellMed Clinics in Hidalgo County (Call for Location)</p>	<p>7 2:30-4pm Caregiver Exercise Class Presenter: AAA Ombudsman-Molly "Nursing Home Resident Rights"</p>	<p>8</p>
<p>11 9am-11am Coffee with Mari</p> <p>12-1pm Teleconnection Helping Older Adults cope with Loss and Change</p>	<p>12 10am-11am Spanish Teleconnection-General Information on Dementia</p> <p>2pm-3:30pm Stress Busting Class #9 The Bridges in Mission</p>	<p>13 WELLMED Clinic Day Meet Caregiver Support Specialist at WellMed Clinics in Hidalgo County (Call for Location)</p>	<p>14 10am-11am Teleconnection Dear Lucy</p> <p>2:30-4pm Caregiver Exercise Class-Presenter: Karen - "Caregiver Stress"</p>	<p>15</p>
<p>18 9am-11am Coffee with Mari</p>	<p>19</p>	<p>20 WELLMED Clinic Day Meet Caregiver Support Specialist at WellMed Clinics in Hidalgo County (Call for Location)</p>	<p>21 2:30-4pm Caregiver Exercise Class Presenter: WellMed RN-Angie-"Healthy Lifestyle tips"</p>	<p>22</p>
<p>25 9am-11am Coffee with Mari</p>	<p>26 1pm-2pm Teleconnection-Effective Communication Strategies</p> <p>4-5:30pm Las Palmas Healthcare Center- Caregiver Support Group(Call for details)</p>	<p>27 WELLMED Clinic Day Meet Caregiver Support Specialist at WellMed Clinics in Hidalgo County (Call for Location)</p>	<p>28 1-2pm Spanish Teleconnection</p> <p>2:30-4pm Caregiver Exercise Class -Presenter: AAA-Caregiver Info. Specialist-Priscilla-"Respite"</p>	<p>29</p>

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**

**For Information
Call: Mari Ortega
956-630-6667**

