
PARISH NURSE MINISTRY

Red Cross Bloodmobile

Saturday, January 18, from 9:00 a.m. - 2:00 p.m.

Strength and Balance Exercise Classes

Mondays and Fridays, from 9:00 - 9:30 a.m.

Chair Yoga Exercise Classes

Mondays and Fridays, from 9:30 - 10:15 a.m.

Parish Nurse Education Series

January 12, February 9, and March 23, at 2:00 p.m.