
PARISH NURSE MINISTRY

Red Cross Bloodmobile

Saturday, January 20, from 10:00 a.m. - 3:00 p.m.

Strength and Balance Exercise Classes

Mondays and Fridays, from 9:15 - 9:45 a.m.

Chair Yoga Exercise Classes

Mondays and Fridays, from 9:50 - 10:20 a.m.

Parish Nurse Education Series

January 14, February 11, and March 10, at 2:00 p.m.