

PARISH NURSE MINISTRY

RED CROSS BLOODMOBILE

SATURDAY, JANUARY 16, FROM 9:00 A.M. TO 2:00 P.M.

EXERCISE CLASSES

MONDAYS & FRIDAYS

STRENGTH & BALANCE

9:00 – 9:30 a.m.

CHAIR YOGA

9:30 – 10:15 a.m

PARISH NURSE EDUCATION SERIES

THE BENEFITS OF EXERCISE & HOW TO EXERCISE AS WE AGE

January 10 at 2pm

CAN YOU DIE OF A BROKEN HEART?

February 14 at 2pm

DE-STIGMATIZING MENTAL HEALTH PROBLEMS

March 14 at 2pm