

Caregivers: Connect for Well-Being

Connect for Well-Being is a way for caregivers to build connections with others and get tips for living a healthy life. Each week will be focused on a different topic to help you on your journey to better health.

6 Class Series:

Sessions 1-4: Ended

Session 5: Thursday, February 16
Creating Kindness

Session 6: Thursday, March 16
Laughter for Life



10:00 - 11:30 a.m

**Cambridge Medical Center
Educational Building**
801 Dellwood St. S.
Cambridge MN

Facilitated by Collette Colucci, Family Pathways Community Outreach/Educator & Karla Patrick, Community Health Program Specialist - Cambridge Medical Center, part of Allina Health

**To register for 1 session or the whole series contact:
Collette Colucci at collette@familypathways.org or call 651-257-7905**