

EVENTS FOR FEBRUARY 2020



Caregiver Academy;

"Taking back "some" of your life"

February 3, 2020

Wake Baptist Hospital, Wilkesboro

1 p.m.- 2:30 p.m.

REGISTRATION IS REQUESTED:

WakeHealth.edu/BestHealth

336-713-BEST (2378)

bhealth@wakehealth.edu

SUPPORT GROUPS



Alleghany County

Caregiver Support Group
at the Library on the
Second Thursday of the
month at 4:00 p.m.

Ashe County

Caregiver Support Group
at Assisted Living
1st & 3rd Tuesdays of the
Month at 4:00 p.m.

Helping Hands Grief

Support at Senior Center
2nd and Last Thursdays of
the Month from 3-5 p.m.

R.A.P.P (Relatives as
Parents Program) 3rd
Thursday of the Month

Avery County

Caregiver Support Group
at Senior Center on the
third Tuesday of the
month at 1:00 p.m.

Mitchell County

Caregiver Support Group
at Senior Center on the
third Tuesday of the
month at 1:00 p.m.

Watauga County

Caregiver Support Group
at Lois. E. Harrill Senior
Center on the second
Tuesday of the month at
6:30 p.m.