

February 2018

3661 S. Babcock Street
 Melbourne, FL 32901
 321.434.7625
 Health-First.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
Please call 321.434.7625 to register for educational classes or if you are planning to attend a support group, art workshop or exercise class for the first time.	Stroke & Aneurysm Support Group first Monday of every month at HRMC Auditorium 5:30 to 7 p.m. RSVP to 321.434.1752		Get Stronger in 2018! Stretch, Exercise, Relax and Socialize from 2 to 3 p.m. on Wednesday at our Chair Exercise Class with Pat DeAngelis, RN.	Caregiver Support Group 11 a.m. Alyce Webster Arts & Crafts 1:30 to 3:30 p.m.	Ground Hog Day	
4	5	6	7	8	9	10
	MindSet Exercise your brain and improve brain health. 9:30 to 11 a.m.	Caregiver to Caregiver Support Group 10:30 a.m. Living with Grief 10:30 a.m. Karen Czarniak - Hospice of Health First Bereavement Counselor Stress-Busting 1 to 3 p.m.	Living Healthy Workshop 9:30 a.m. to noon Caregiver Support 10:30 a.m. Chair Exercise 2 p.m. Early Stage Support Group Home Safety Presentation 2 to 3:30 p.m.	Caregiver Support Group 11 a.m. Alyce Webster Arts & Crafts 1:30 to 3:30 p.m.		
11	12	13	14	15	16	17
	MindSet Exercise your brain and improve brain health. 9:30 to 11 a.m.	Caregiver to Caregiver Support Group 10:30 a.m. Tuesday Lunch Bunch 12 p.m. Stress-Busting 1 to 3 p.m.	Living Healthy Workshop 9:30 a.m. to noon Caregiver Support 10:30 a.m. Chair Exercise 2 p.m. Valentine's Day Ash Wednesday	Veteran's Affairs Aid & Attendance 10:30 a.m. Amy B. Van Fossen Caregiver Support Group 11 a.m. Alyce Webster Arts & Crafts 1:30 to 3:30 p.m.		
18	19	20	21	22	23	24
	MindSet Exercise your brain and improve brain health. 9:30 to 11 a.m. Presidents' Day	Caregiver to Caregiver Support Group 10:30 a.m. Stress-Busting 1 to 3 p.m.	Cross Train Your Brain 10:30 a.m. Carol White, MSW Caregiver Support 10:30 a.m. Chair Exercise 2 p.m.	Caregiver Support Group 11 a.m. Alyce Webster Arts & Crafts 1:30 to 3:30 p.m.		
25	26	27	28			
		Caregiver to Caregiver Support Group 10:30 a.m. Stress-Busting 1 to 3 p.m.	Caregiver Support 10:30 a.m. Chair Exercise 2 p.m.		American Heart Month	Please visit our Library for information and resources to help you on your caregiving journey. Open Monday through Friday from 10 a.m. to 4 p.m.
		Stress-Busting will continue on March 6 and 13	The next Living Healthy Workshop will begin on Thursday, April 12.		Caregiving Essentials will be held from 10 a.m. to noon on the following Fridays: April 6, 13, 20 and 27 and May 4, 11 and 18.	