

**Wednesday, July 10**

- Dementia Support Group - 1:00pm

**Thursday, July 11**

- Bereavement Support Group - 11:00am

**Saturday, July 13**

- Childbirth Class - 9:00am

**Tuesday, July 16**

- Parkinson's Support Group
- Lactation/Breastfeeding Class - 6:00pm

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**Dementia Support Group**

**Time:** 1:00pm

Alzheimer's Association support group, conducted by trained facilitators, are a confidential place for caregivers, family and friends of persons with dementia to exchange practical information on caregiving challenges, talk through issues and ways of coping, share feelings and concerns, and learn about community resources.

**Bereavement Support Group**

**Time:** 11:00am

Learn ways to cope with the loss of a loved one. You will receive information about grief and regain balance in your life in a supportive environment.

Join us on the second Thursday of each month at 11 a.m.

**Childbirth Class**

**Time:** 9:00am

This class is for expecting mothers, and their partners, who plan to deliver at our facility. Topics covered include: physical changes in pregnancy, complications of pregnancy, stages of labor, pain management strategies, vaginal delivery, cesarean section, postpartum care, newborn care plus a tour of the unit.

Lunch will be provided.

To reserve a seat, please call 903.737.3900, option 1.

**Parkinson's Support Group**

**Time:** 6:00pm

This group meets the third Tuesday of each month at Prime Senior Center at 1 p.m. Each session features a different speaker or activity to help support you on your journey with or as a caregiver to someone with Parkinson's Disease.

**Lactation/Breastfeeding Class**

**Time:** 6:00pm

This class is for expecting mothers who are interested in learning about breastfeeding. We will discuss the benefits of breastfeeding, breastfeeding techniques and positions, myths vs. truths, and more. This class is designed to be a fun and interactive way to explore all that breastfeeding has to offer you and your little one.

Please bring a snack, drink and a doll for positioning exercises.

To reserve a spot, please call 903.737.3900, option 1.