

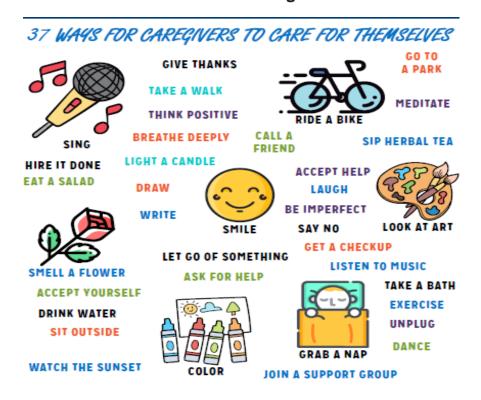
March 2021 Newsletter

2021 Classes and Events

We are pleased to be able to offer new and excited extended classes and events! Please see the attached updated two-page flyer for details. As always, classes are offered via WebEx and open to caregivers, employees, patients, and the community at large. The classes continue to be FREE, however do require advanced registration. You can register for all classes at: www.henryford.com/caregiverwellness

Caregiver Educational Topic Highlight: Self Care Hour with Kelly Offered every Thursday at 12pm beginning March 18th

Join us once a week and bring your unfinished creative project to actively work together, talk, laugh, and have fun in our virtual community! Maybe you have some unfinished scrapbook pages you haven't worked on in a few months (or years!), a knitting project, or a needlepoint that was started, but you forgot about....come join us every week to work on your project and finish it before summer! Once you register for the class, we will email you the login information for the session. **Please note: No meeting on March 25.**





Other Caregiver News

Dance for Parkinson's Disease is offered virtually from Take Root

Take Root's Dance for Parkinson's Disease Program provides a safe and inclusive environment, welcoming ALL participants, care givers and spouses, using dance to impact the lives of others. Dance for Parkinson's Disease participants will be empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating and creative. This class is an aesthetic experience that uses the elements of narrative, imagery, and community to develop artistry and grace while addressing such PD specific concerns as balance, flexibility, coordination, isolation and depression. The classes engage participants' minds and bodies, and create an enjoyable, social environment that emphasizes dancing rather than therapy. More information and registration can be found at: Take Root | Dance for Parkinson's Disease

Jewish Family Services Spotlight Event being offered. Please see flyer below for more information.

