

Caregiver Support Group

at Madonna Rehabilitation Hospital

5401 South Street, Lincoln, NE

Follow orange signs to the Lancaster Room.

Thurs., February 9

Topic: Living Well on a Shoestring

Presenter: Tracie Foreman, Aging Partners
Health & Fitness Program

Summary: Learn how you can improve your relationship with budgeting.

Thurs., March 8

Topic: When and How To Ask for Help

Presenter: Lindy Bixler, Family Medical Mental
Health Practitioner

Summary: Learn how to graciously accept what is genuinely offered.

Available at all meetings:

- Aging Partners counselor
- Resource information

All meetings are held from 7 - 9 p.m. on the second Thursdays, January through June and September through November. For weather cancellations, listen to KFOR 1240 AM.



A Pioneering Area Agency on Aging

402-441-7070

or 1-800-247-0938

Caregiver Education Group

at Saint Paul United Methodist Church

1144 M Street, Room 145, Lincoln, NE

Park under the church. Enter from 11th street.

Tues., February 28

Topic: Living Well on a Shoestring

Presenter: Tracie Foreman, Aging Partners
Health & Fitness Program

Summary: Learn how you can improve your relationship with budgeting.

Tues., March 27

Topic: When and How To Ask for Help

Presenter: Lindy Bixler, Family Medical Mental
Health Practitioner

Summary: Learn how to graciously accept what is genuinely offered.

Available at all meetings:

- Aging Partners counselor
- Free parking: Enter garage on 11th Street.

All meetings are held from 1:30 - 3:30 p.m. on the fourth Tuesdays, January through June and September through November. For weather cancellations, listen to KFOR 1240 AM.



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