



# WHC Support Groups | 2019

## **Alzheimer's/Dementia Music Therapy & Caregiver Support Group**

Meets the first Tuesday of the month | 12:30 to 1:30 p.m.  
CG Room (**note new location!**)

## **Breastfeeding Support Group**

Meets the first Thursday of the month | 1 to 2 p.m. — CG Room

## **Finding Support for Families of Children with Special Needs \*NEW!**

Meets the first Tuesday of the month (**quarterly**)  
5:30 to 6:30 p.m. — Tendrils Rooftop Garden  
Feb. 5; May 7; Aug. 6; Nov. 5

## **"Healthy You" Weight Loss Support Group \*NEW! (starts Jan. 2019)**

Meets the first Monday of the month (\*except holidays)  
6 to 7 p.m. — Tendrils Rooftop Garden  
Jan. 7; Feb. 4; March 4; April 1; May 6; June 3  
July 1; Aug. 5; \*Sept. 9; Oct. 7; Nov. 4; Dec. 2

## **Parkinson's Caregiver & Support Group**

Meets the second Saturday of the month | 10 a.m. to Noon  
Tendrils Rooftop Garden

## **Parkinson's Singing Group**

Call for more information, (319) 483-4118

## **Stroke Support Group**

Meets the second Tuesday (**every other month**)  
11 a.m. to 12:30 p.m. — Tendrils Rooftop Garden  
Feb. 12; April 9; June 11; Aug. 13; Oct. 8; Dec. 10

**WAVERLY HEALTH**  
— C E N T E R —

(319) 352-4120 | [WaverlyHealthCenter.org](http://WaverlyHealthCenter.org)