



WHC Support Groups | 2019

updated 10/2019

Alzheimer's/Dementia Music Therapy & Caregiver Support Group

Meets the first Tuesday of the month | 12:30 to 1:30 p.m.
CG Room

Finding Support for Families of Children with Special Needs

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 (Oct. 29 in CG Room)

"Healthy You" Weight Loss Support Group *NEW!

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
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(319) 352-4120 | WaverlyHealthCenter.org