



February Events

Every Friday from Noon - 1pm

Health Futures - Taking Stock in You

Money Radio - FM 105.3 FM/1510 AM

Every Wednesday from 10:30am-12pm

Virtual Finding Meaning and Hope 10-week Discussion Group

Video Discussion series for carepartners of people diagnosed with dementia

RSVP to Michelle at michelle@cypresshomecare.com

Friday, February 5th, 2021

National Wear Red Day

Help us celebrate American Heart Month by encouraging everyone in your community to wear red on February 5th, 2021, National Wear Red Day, to help raise awareness about women and heart disease.

Wednesday, February 17th from 9am-11am

Duet's Family Caregiver Virtual Symposium

This event is free for family caregivers, and \$15 for professionals.

To learn more and RSVP go to duetaz.org/symposium

Duet is a non-profit, interfaith organization that promotes health and well-being through its vitally needed, free of charge services to homebound adults, family caregivers, faith communities, and grandfamilies.