



TUESDAYS

11:30 am – 1:00 pm

Free Registration & Lunch

Thomas Nelson Workforce Center

4135 Ironbound Road, 2nd Floor
Berkshire Hathaway-Towne Realty Building
Williamsburg, VA 23188

For more information about this event and/or to register, please contact **Sherri Thrift** at (757) 345-2823 or by email thrifts@tnccc.edu

If you need care for your loved one in order to attend, please inquire upon registration.

May 9th: Managing Your Pain-Utilizing Mindfulness & Cognitive Strategies: Are you or your loved one faced with chronic pain? You are not alone; an estimated 86 million American adults face some degree of chronic pain on a daily basis. Learn and develop pain management skills such as focus breathing, muscle relaxation, guided imagery and much more. Begin your journey to a pain free tomorrow!

Lunch provided by:



June 13th: Healthy Living for your Brain and Body: Learn about healthy lifestyle habits as potential ways to reduce your risk of cognitive decline and maintain or potentially improve your overall health from the Alzheimer's Association. It's never too late or too early to start thinking about your brain's health.

Lunch provided by:



The Family Caregiver Lunch & Learn Series is offered through a collaborative partnership between:

