

Caregiver Whole Health Matters

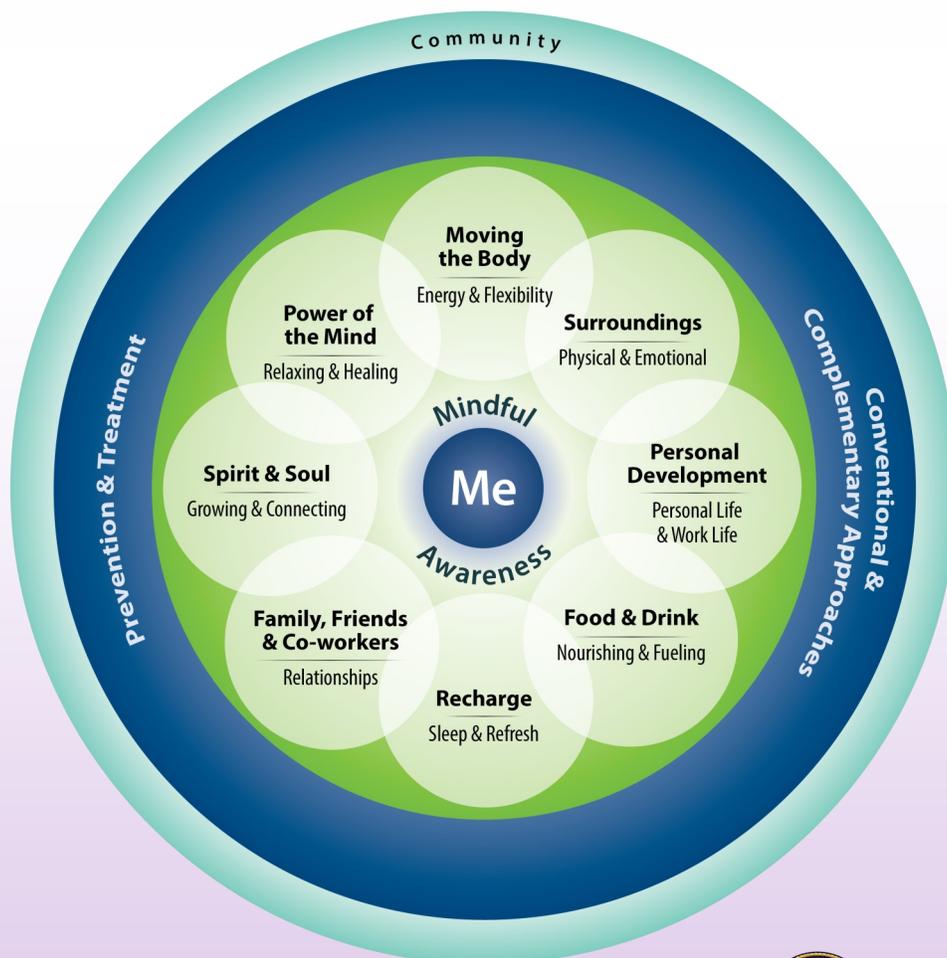
An in-depth exploration of the Whole Health Wheel designed to give Caregivers an opportunity to understand the Circle of Health and how each component can influence health and wellbeing. Each series will cover two sections of the wheel and caregivers can register for as many series as they would like to attend.

**Caregiver Whole Health Matters is an ongoing series held virtually
Mondays from 12:30 to 2:00 p.m.**

2021 Dates

January 4 — February 22	Food, Drink & Family, Friends, & Co-Workers
March 15 — April 19	Personal Development & Spirit and Soul
May 10 — June 21	Moving the Body & Recharge
July 12 — August 16	Power of Mind & Surroundings

To register call the Caregiver Support Program at (503) 273-5210.



U.S. Department of Veterans Affairs
Veterans Health Administration
Office of Patient Centered Care and
Cultural Transformation