

FREE Social Services and Wellness—Scott Theisen



Life: A Maze or Amazing Every 2nd & 4th Monday

Join us to discuss issues, share solutions. This new group discusses that twists and turns life can take. What can be done to make it better? What solutions have you found? Now includes the Living Alone Group.

Caregivers of Those with Memory Loss Group Every 1st & 3rd Monday

Are you caring for someone with dementia, Alzheimer's or other memory impairment issues? Come talk about your experience with others in the same situation.



Enhanced Wellness—Coaching and Counseling

A program of Senior Services, providing personal coaching and counseling to increase your quality of life.

To participate, call Scott 206-268-6761