

Elliot Senior Health Center

Helping our seniors Live Better!



Calendar of Events February 2010

Education:

Computer Classes

Various Dates Available

Includes workbook

Cost \$20

- Very Basic
- WORD
- Intro to Internet and Email
- Intro to Excel

Talk'n Diabetes *Free!*

Topic: Building Self-Esteem in Yourself
& Others

Tues. Feb 9

10:00 – 11:00 a.m.

Elder Law Clinic *Free!*

Wed. Feb 10

4:00 – 5:00 p.m.

Your Physician's Perspective

A Preventative Care and

Educational Series *Free!*

*Topic: Peripheral Artery Disease
and the Older Adult*

Presented by Consuelo Alvarez, MD

Tues. Feb 23

1:30 – 2:30 p.m.

Tax Assistance *Free!*

Monday's starting Feb 1

8:30 to 11:30 a.m.

By Appointment Only

Purposeful Living *Free!*

Thurs. Feb 11

11:00 a.m. -12:00 p.m.

**Please register for all classes, unless
otherwise noted. Register by calling
Elliot On-Call 603-663-4567, press 2.**

Support:

Caregiver Support Group *Free!*

First and Third Tues. Monthly

New members welcome.

10:00 – 11:00 a.m.

To register, contact Barbara M. 663-7051

Bereavement Support Group *Free!*

Second Tues. Monthly

New members welcome.

11:00 a.m. – 12:00 p.m.

To register, contact Barbara M. 663-7051

Advance Directive Assistance *Free!*

Durable Power of Attorney for Healthcare
and Living Will

Third Thurs., Monthly 9:00-10:00 a.m.

Men's Breakfast (*Registration not necessary*)

For men rebuilding their lives after a
spouse's death.

Fri. Feb 26

9:00 – 10:00 a.m.