

COMING SOON!

SUPPORT GROUP IN SPANISH

Cuéntame Más: Sharing Our Stories, Protecting our Minds

A Program for Latino Elders: Celebrate your stories, connect with your community, and learn how to protect your mind and heart for yourself and your loved ones.

Beginning on Saturday, December 14 from 2 - 4 pm at
the Hispanic Community Center
315 Stampede Drive, Nampa
Second Saturdays

What You'll Experience:

- **Lotería:** Play a fun game and win prizes!
- **Presentations by Experts:** Learn from others about how to protect your brain and mind as you age.
- **Storytelling Circles:** Share your personal stories and listen to the wisdom of others in the room.



Come together with other community members to share your stories, reflect, and discover new ways to care for yourself and your loved ones.

