

SOCIAL ENGAGEMENT COMPROMISO SOCIAL

Cuéntame Más: Sharing Our Stories, Protecting our Minds



Cuéntame Más

A Program for Caregivers and Latino Elders: Celebrate your stories, connect with your community, and learn how to care for your mind. Meets the second Saturday of each month, next meeting February 8, 2025 from 2 pm - 4 pm. Please arrive 15 minutes early to sign-in.

Hispanic Community Center
315 Stampede Drive, Nampa



Interested in knowing who our speakers are? Check out our Facebook page - **Cuéntame Más Idaho.**



What You Will Experience:

- The session will provide an overview of the **Fit and Fall Proof** program, including exercises to prevent falls, reduce the risk of dementia, and support brain health. Storytelling Circle: Share your
- personal stories and listen to the wisdom of others.

For more information, call (208) 722-2521.



Greater Idaho Chapter



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HEALTH & WELFARE
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