

# GREATER IDAHO CHAPTER SUPPORT GROUPS



## Cuéntame Más: Sharing Our Stories, Protecting our Minds

A Program for Caregivers and Latino Elders: Celebrate your stories, connect with your community, and learn how to care for your mind.

A monthly group that meets the second Saturday of each month. Our next meeting will be March 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 more about our speakers? Check out our Facebook page - **Cuéntame Más Idaho.**

### What You Will Experience:

- Thirty minutes of **Qigong** led by Antonia Jáuregui Tamayo.
- Rosalia Richardson, MD, will explore **healthy eating**, including tips on how to prepare your favorite cultural foods in a nutritious way!
- **Storytelling Circle:** Share your personal stories and hear the wisdom of others.



Rosalía Richardson, MD



Antonia Jáuregui Tamayo

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



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