



Breaking Out of Isolation

Wednesday, April 27

1-4 p.m.

Hjemkomst Center

202 1st Ave. N.

Moorhead, Minn.

Schedule of Events

- 12:30-1 p.m. Booths
- 1-1:45 p.m. Breaking Out of Isolation
Amy Maslowski, Fargo VA Health Care System
- 1:45-2 p.m. Break/Booths
- 2-2:45 p.m. Tai Chi presentation
Kelly Costello, Fargo VA Health Care System
- 2:45-3 p.m. Break/Booths
- 3-3:45 p.m. Dana Mogck, A Son's Caregiver Journey, WDAY-TV

Free and open to the public

To register, call Moorhead Parks and Recreation at (218) 299-5340.

Sponsored by Lutheran Social Service of Minnesota; Senior Connections; Aging Collaborative; Fargo VA Health Care System; Aging Services, North Dakota Department of Human Services; Hospice of the Red River Valley.