



FREE Education & Seminars in The Villages® Community



Memory Care BUS Tour – Mar 30th Independent Living Happy Hour BUS Tour – June 27th

Learn how to find & negotiate affordable memory care and independent living options for when the time comes. \$20 per person.



NEIGHBORHOOD CARE WATCH – April 6th

10am-12:30pm at Buffalo Crossings (lunch provided) - Learn the Do's and Don'ts of helping your neighbor, while not enabling unsafe situations and maintaining boundaries. Partnering with Seniors vs Crime and Sumter County Sheriff's Office to utilize senior care resources



MEDICAL MARIJUANA EXPO (Plants Not Pills) –

April 20th 9:30am-1pm at Wildwood Community Center - Learn about all of the holistic and alternative care resources for managing chronic illness and pain so you can maintain a healthy lifestyle.



VIAGRA FOR YOUR BRIAN – April 30th 9am-1pm

Dr. Hammesfahr and Dr. Rubin, top two Neurologists in the tri-county area, team up to explore all of the facets of brain health to prevent dementia and Alzheimer's - including holistic options, sleep, nutrition & supplements, diet & exercise, and new research science & technology for today's active senior



VETERANS – Planning, preparing, protecting & providing for our vets – May 14th 10am-12pm at American Legion

Learn about financial assistance for in-home care, assisted living & independent living, up to \$2400/month for today's veterans.

Call to register or for more information!

(352)775-2952

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<http://www.tricountycaregiverresourcecenter.org>

