

# Join us for: Wellness Resource Wednesdays!

Connect with other caregivers and gain valuable wellness insights during Wellness Resource Wednesdays! **Join us on the 3rd Wednesday of every month 6:30 pm - 8:00 pm.** Bi-monthly, medical experts from Coordinated Care & Center of Excellence will share specific health topics.

## Bi-monthly Topics

### February 16

ADHD:  
Attention Deficit  
Hyperactivity Disorder

### August 17

FASD:  
Fetal Alcohol  
Spectrum Disorder

### April 20

Asthma

### October 19

NG & G Tubes:  
Nasogastric &  
gastric tubes

### June 15

Diabetes

### December 21

Sleep Challenges



zoom:  
**979 4221 7041**