ALL IN Mountain Brook presents

SILVER SPARTANS PROGRAM

All sessions begin at 10:00 a.m.

Junior League of Birmingham
2212 20th Avenue South
Birmingham, Alabama 35223

SILVER ALL IN MOUNTAIN BROOK SPARTANS

September 17th	***Safety Strategies,*** presented by MBPD & MBFD
October 22nd	***Technology Tips for Everyday Life,*** presented by O'Neal Library staff
November 19th	***Caring through Connection: Understanding Grief & Loneliness*** presented by Caleigh Alevy, CJFS
December 17th	***Bridging Generations: Connecting with Your Grandchildren*** presented by a panel of local grandparents
January 21st	***Active Aging: Mobility & Balance Basics*** presented by Debbie Perkins, Always Best Care
February 18th	***Staying in Charge: Informed Decisions for Independent Living*** presented by Christy Baynes, LifeCare Solutions
March 18th	***Connecting Seniors to Community Care:*** **Wellness Fair** (**POSTPONED**)
April 22nd	***First 5 Training*** presented by Mtn. Brook Fire Department
May 20th	***Community Champions*** **Service Project & Social**

www.allinmountainbrook.org/silverspartans