



Caregivers

SUPPORT GROUP

Caregiving Through the Holidays

Welia Health's Caregivers Support Group is excited to welcome **Collette Colucci, Caregiver Consultant from Family Pathways**, who will present this special workshop on aging. Topics will include the following:

- Challenges for families around the holidays
- Signs of stress and how to avoid it
- Tips for hosting or attending events
- Participating in and adapting holiday traditions



Plus—FREE DOOR PRIZES!



WEDNESDAY, NOVEMBER 12, 2025

1:00 PM – 2:30 PM

Welia Health – Mora
Conference Room 2
301 Highway 65 South
Mora, MN 55051

Everyone is welcome to these free sessions.

Questions?

Contact Haley Hemmerich at **320.225.3576** or **Hhemmerich@welia.org**.