



Educational Workshops and Classes

Please visit www.villagehb.org/calendar for more information and to register for upcoming workshops.

November Offerings

FREE Stress Less for the Holidays	November 28	AmeriHealth Caritas
Access to Public Health Resources	November 29	Mecklenburg County Public Health

December Offerings

Social Security 101	December 5	NC Social Security Administration
All Things Zoom	December 12	Meck County Age Friendly
Money Smarts for Older Adults	December 14	Meck County Age Friendly
Dementia/Alzheimer 101	December 14	Alzheimer Association
QPR Gatekeeper Training	December 18	MHA of Central Carolinas
Intro to Diabetes for Kids and Teens	December 21	Novant health

January Offerings

Traditional Yoga	January 8	Novant Health
Maternal Health	January 11	Humana

February Offerings

Women & Diabetes	February 8	Humana
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March Offerings

Caregiving	March 14	The Frankie Mae Foundation
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Recurring Offerings

Seizure Recognition and First Aid Certification	Self-paced	Epilepsy Foundation
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