



COMMUNITY CONVERSATIONS SERIES 2015

How can we find a deeper, richer, more meaningful experience of living as we face the fierce realities and rare opportunities of aging?

These are free community presentations.

🌿 Thursday, April 9 at 2:30 pm

Dementia and Palliative Care: Preparing for Tough Care-giving Decisions

Shelly Garone, MD

🌿 Thursday, May 14 at 10:30 am

HeART and Soul: Using Art to Nourish your Heart and Manage Stress

Susan Revier, Working artist who uses expressive art to bring healing & personal growth

Walking the Labyrinth: A Self-Healing Exercise - Diane Page, Certified Labyrinth Facilitator

🌿 Thursday, June 11 at 2:30 pm

The Health Benefits of Volunteering

Anne House, Volunteer Coordinator at Napa Valley Hospice & Adult Day Services

Walking the Labyrinth: A Self-Healing Exercise - Diane Page, Certified Labyrinth Facilitator

🌿 Thursday, July 23 at 10:30 am

The Savvy Patient: How to Talk with your Physician

Celine Regalia, MSW, Program Director for Napa Valley Hospice & Adult Day Services

RSVP to Jillian McNab, LVN

healthcoordinator@nvhads.org | (707)258-9087 x272

Join us at Napa Valley Hospice & Adult Day Services

(RSVP is appreciated - but not required)



Napa Valley Hospice
Adult Day Services

Compassion. Dignity. Connection.

≡ ASSISTED LIVING & MEMORY CARE ≡

Aegis Living
of Napa