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# 2017 Fall Classes

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## ALZHEIMER FORUM

*For community leaders, first responders, and others: in order to help the community become more dementia-friendly.*

**Nov 20, 2 pm.**

## ALZHEIMER SUPPORT GROUP

*Supporting anyone caring for or supporting someone with Alzheimer or Dementia.*

**2nd & 4th Tue, 1:30 pm**

**Begins Sep 29, Ends Dec 8**

## CLASE DE DIABETES (ESPAÑOL)

*Aprenda de una enfermera como vivir una vida saludable con diabetes.*

**1er y 3er Miercoles, 4-5 pm**

**Clases empiezan el 20 de sept.**

## PRAYER POWER

*Prayer—the key to heaven's storehouse.*

**Tuesdays, 9:15-9:45 am**

## CAREGIVER'S SUPPORT GROUP

*Resources, Education, Connections. Please park on the street.*

**1st & 3rd Tuesdays, 1:30 pm**

## LA LECHE LEAGUE

*All nursing and expecting/interested in breast/chest feeding are welcome! Babies always welcome at our meetings.*

**1st Wed, 10 am; 3rd Wed, 6 pm**

## GARDEN CLUB

*Care for flowers, make new friends.*

**4th Monday, 7 pm**

## OVEREATER'S ANONYMOUS

*A 12-step group addressing compulsive overeating and other food issues. Call (509) 526-0641 or visit [oa.org](http://oa.org) for more info.*

**Sundays at 9:30 am**

## NUTRITION POTPOURRI

*Lessons on good food, disease prevention, and healthy living.*

**Nov 14, 16; Dec 5, 7; 7 pm**

## IMPACT! LIFE TRANSITIONS

*Art expression support group.*

**Tuesdays & Thursdays**

**4-6 pm**

**Begins Oct 3, Ends Dec 7**

## NEUTRAL GROUND TRAINING

*Learn how to become a volunteer mediator to help resolve differences and disputes. For fees & details, call (509) 386-4564*

**Nov 17, 18, 19, & Dec 2 & 3**

## DIABETES CLASS (ENGLISH)

*Learn from a certified diabetes nurse how to live a healthy life with Diabetes.*

**2nd & 4th Wednesdays, 4-5pm**

**Classes begin the 27th of Sept.**

## DIABETES UNDONE

*It's possible to reverse your diabetes.*

**Oct 22- Nov 16, Sun & Thu, 6:30 pm**

**Class fee: \$60**

## ENGLISH AS A SECOND LANGUAGE

*Learn Conversational English.*

**Tuesdays & Thursdays, 6:30 pm**

**Classes begin Sep 29, Ends Nov 17**

## AARP DRIVING SAFETY CLASS

*Learn Safe Driving Strategies.*

*To register, call (509) 529-7126*

**Sep 25, Nov 13-14 or Dec 11-12,**

**8:30-3:00 pm**

**Bring a lunch, park on the street.**

## SURVIVING SUICIDE LOSS

*Share your stories, talk openly, listen without judging.*

**2nd Tuesday, 5:30 pm**

## NATIONAL ASSOCIATION OF MENTAL ILLNESS (NAMI)

*Information, support, & advocacy.*

**Sep & Oct 4th Wednesday, 6:30 pm**

## SONBRIDGE SING-ALONG

*Improve your health through song!*

*Come sing the songs you love—old, new, religious, secular, ballads, or ditties!*

**1st & 3rd Wednesdays, 2:30-3:30 pm**



2017 Fall Schedule  
Don't Just Go Through Life. Grow through it!



**SONBRIDGE**  
Connect Lives. Empower Change.

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**SONBRIDGE OFFICE**

Mon-Thu  
9 am-5 pm  
(509) 529-3100

**THRIFT & GIFT STORE**

Sun, Mon, Tue, & Thu  
10 am-4 pm  
(509) 529-3104

**DENTAL CLINIC**

Wed-Thu, 8 am-5 pm  
Fri, 8 am-12 pm  
(509) 529-3100

**SOS CLINIC**

Monday, 5-7 pm  
Wednesday, 3-5 pm  
(509) 529-1481