

2018 Fall Schedule

**Don't Just Go Through Life.
Grow through it!**



2018 Fall Classes

ALZHEIMER SUPPORT GROUP

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

2nd & 4th Tue, 1:30 pm

HEALTHY LIVING FOR KIDS

Join us for a fun and interactive class for kids of all ages to apply healthy habits and connect with other kids in the neighborhood!

2nd & 4th Wed of every month

4:30-5:30 pm

OVEREATER'S ANONYMOUS

A 12-step group addressing compulsive overeating and other food issues. We are not a diet and calories club. We address eating issues by facing the emotional and spiritual underlying causes, and by providing a safe and supportive community of like-minded people.

Call (509) 526-0641 or visit oa.org for more information.

Sundays at 9:30 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

IMPACT! LIFE TRANSITIONS

Art expression support group.

Tuesdays & Thursdays

Oct 1-Dec 13, 4 pm

COMPUTER SUPPORT GROUP

For those who have never used a computer before, learn the very basics of getting connected. Please reserve your space in advance to guarantee a desktop or laptop to work on by calling 529-3100.

Wednesdays at 3 pm

SURVIVING SUICIDE LOSS

Share your stories, talk openly, listen without judging.

2nd Tuesday, 5:15 pm

BASIC COOKING & NUTRITION

Learn kitchen basics like food preparation, how to read a recipe, how to perform different cooking techniques, as well as the essentials of nutrition.

Mondays, 11 am

HEALTHY COOKING FOR DIABETICS

Join us for a cooking demonstration that focuses on diabetic friendly foods. Sponsored by Andy's Market.

Sept 26 at 5:30 pm, Oct: TBA

CHRISTIAN WRITERS

A critique group.

Tuesdays, 3 pm

HEALTH RESOURCE FAIRS

Offered monthly, these mini-Health EXPOs individually focus on one of the top diseases in the US, giving top-notch health resources, cooking demonstrations, and more!

Diabetes: Sept 5, 11 am–2 pm

Bone & Balance: Oct 28, 1–4 pm

Stroke Prevention: TBA

CPR CLASS

Learn the basics of CPR and first aid. To register, call (509) 529-3100.

Sunday, September 16

11:30 am–2:30 pm

DIABETES UNDONE*

For those suffering from Diabetes looking for ways to break free of their disease.

Sundays & Thursdays, 6–8:30 pm

Begin Sept 10, Ends Oct 11

**Fees may apply.*

NATURAL REMEDIES

Join Sherry Weidemann, a registered nurse and licensed massage therapist, as she demonstrates easy household remedies to keep you and your loved ones healthy! RSVP recommended.

Oct 16, 18, 23, & 25

6:30–8:30 pm

PRAYER POWER

Prayer—the key to heaven's storehouse.

Tuesdays, 9:15–9:45 am

CREATIVE EXPRESSION

For cancer patients, survivors, caregivers, and family: Come paint without analysis or judgment for the sheer experience of putting brush to paper.

Wednesdays, 1 pm–5 pm

Oct 3–Nov 14

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

Information, support, & advocacy.

Sept & Oct, 4th Wednesday,

6:30 pm

GARDEN CLUB

Care for flowers, make new friends.

4th Monday, 7 pm

SMART PHONE 101

Learn everything you need to know about your smart phone or tablet! All you need is your device and your tech questions. Presented in partnership with Inland Cellular.

2nd Wednesday, 2 pm

**Don't see what
you're looking for?**

*Send your ideas to
admin@sonbridge.org!*



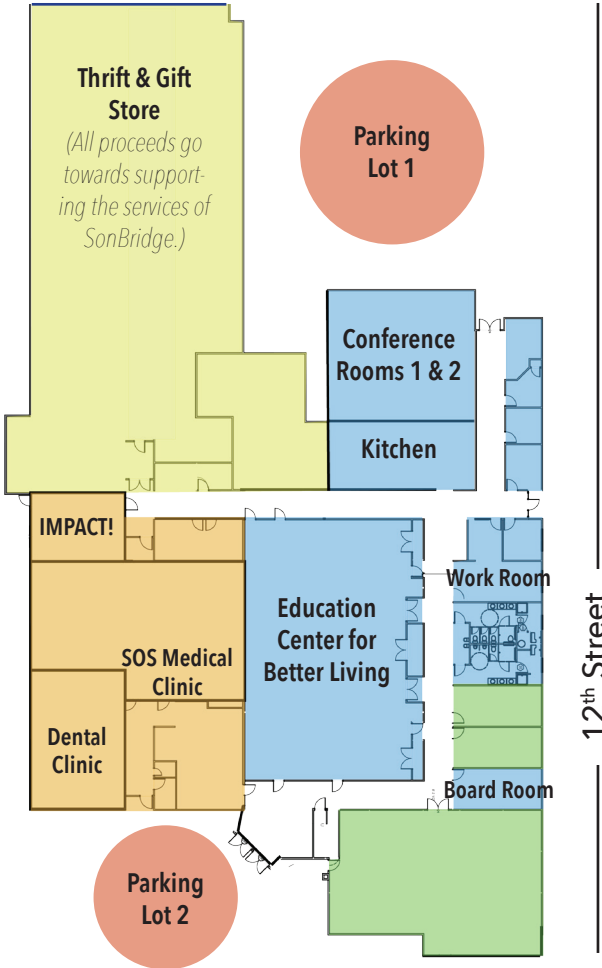
SONBRIDGE

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
Donation Hours:
7 am–7 pm
(509) 529-3100

DENTAL CLINIC

(509) 956-3165

SOS CLINIC

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

- SonBridge Classrooms & Administration
- IMPACT!, Medical & Dental

- KLRV, Blue Mountain TV
- SonBridge Thrift & Gift