



**NEIGHBORHOOD** Self Help by Older Persons Project  
 Helping Older Adults Help Themselves

**Click on the event titles in the calendar squares to register for virtual workshops with Zoom. After registering you will receive a confirmation email with information about joining the meeting.**

**August 7th at 1:00 PM**

***Diabetes & Healthy Eating***

SHOPP Caregivers Program in Partnership with Oka Street Health.

**August 21st at 1:00 PM**

***Taking Charge of Your Health!***

SHOPP Caregivers Program in Partnership with Bronx Community Health Network

**August 26th at 2:00 PM**

***A Caregiver's Guide to Communication and Behavior Issues***

SHOPP Caregivers Program in Partnership with Sunnyside Community Services, Inc.

**August 28th at 1:00 PM**

***Home Care Basics!***

SHOPP Caregivers Program in Partnership with Marks Home Care

**Click on the event titles in the calendar squares to register with Zoom!!!**

# AUGUST 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7 <a href="#"><u>Diabetes &amp; Healthy Eating</u></a>	8	9	10
11	12	13	14	15	16	17
18	19	20	21 <a href="#"><u>Topic Health Literacy-Taking Charge of Your Health</u></a>	22	23	24
25	26 <a href="#"><u>A Caregiver's Guide to Communication and Behavior Issues</u></a>	27	28 <a href="#"><u>Home Care Basics</u></a>	30		