Taking Care of Yourself - Sharing Helps

Are you a member of any support groups? Try to attend a monthly or weekly meeting with people who share your challenges.

Monday *Day / Mo / Yr*

Tuesday *Day / Mo / Yr*

Wednesday *Day / Mo / Yr*

Thursday *Day / Mo / Yr*

Friday *Day / Mo / Yr*

Saturday *Day / Mo / Yr*

Sunday *Day / Mo / Yr*

Weekly Reminder ➤ Winter Safety Tips

- Install an extra smoke detector near heating sources like space heaters and fireplaces.
- Change smoke alarm batteries twice a year.
- Keep space heaters at least three feet away from flammable objects such as curtains.
- Don't use extension cords with space heaters or run electrical cords under carpets.
- Keep a fire extinguisher in the house and know how to use it.