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Health calendar for the week of Nov. 6

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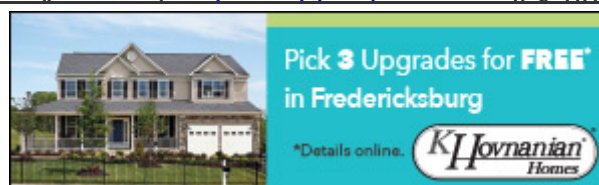
Nov. 6



- Lecture on understanding the behaviors of Alzheimer's and other dementias will be held at 3 p.m. at the Culpeper County Library, 271 Southgate Shopping Center. Presented by Diana Bright, executive director of Cardinal Village Memory Care, certified dementia practitioner. The presentation will cover types of behaviors and strategic care tips to better manage them.
- The program is part of an ongoing series on Alzheimer's and dementias, which is sponsored by the Friends of the Culpeper County Library, RRCSB, Alzheimer's Association, Aging Together and Healthy Steps.
- Call 540/825-8691.

Nov. 6-11

- You can donate blood in Culpeper on Nov. 8 from 12:30 to 5:30 p.m. at St. Stephen's Episcopal Church, 115 N. East Street; in Stafford on Nov. 7 from 9 a.m. to 3 p.m. at SimVentions, 100 Riverside Parkway, # 123; in Spotsylvania on Nov. 7 from 10 a.m. to 3 p.m. and Nov. 9 from 1 to 7 p.m. at the Conference Center inside Spotsylvania Towne Centre, 137 Spotsylvania Mall Drive and on Nov. 6 from 9 a.m. to 2 p.m. at St. Joseph Parish Center, 8200 Robert E. Lee Drive; and in Warrenton on Nov. 11 from 10 a.m. to 4 p.m. at Fauquier Hospital, 500 Hospital Drive. To make an appointment to give blood, download the American Red Cross Blood Donor App.



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take place in Carlisle at Gordon-Hammon Fitness Studio, 120 West Carlisle St., on Nov. 12 and 13. Training provides adults who are interested in teaching yoga and stress-management to children with the skills required for building strength, flexibility and mindfulness. There are no prerequisites for the training and no yoga experience is necessary. Visit kiddingaroundyoga.com or contact Marcie Robinson at marcier@kiddingaroundyoga.com or 414/736-9786.

HOW TO SUBMIT ITEMS

To list an event, send a notice to Health Calendar, The Free Lance–Star, 616 Amelia St., Fredericksburg, VA 22401, or email anrussell@freelancestar.com. Include a phone number. Calendar appears every Sunday. Deadline for items, noon preceding Tuesday.




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