

JUNE

Thursday 30 Informational Meeting – 2:00, Community Food Co-op-Cordata, 315 Westerly Rd., Local Roots Room

JULY

Wednesday 6 Wellness Wednesdays – “Stressbusters” -- 1:00, Bellingham Senior Activity Center, Rm. 16.
Dr. Steve Morris, Western Washington’s own integral health and wellness coach, will demonstrate how our bodies respond to stress and ways we can reduce and alleviate stress, the number one cause of heart disease in the USA.

Tuesday 19 Lunch Bunch – 12:30, Five Columns Restaurant, 1301 E. Maple Street, off N. Samish Way.
Dutch treat. Reservations required: call the office at 360-746-3462 or email info@bellinghamathome.org).

Friday 22 Welcome to Bellingham At Home New Members – 6:00-9:00, WECU Education Center, 511 E. Holly St.
Potluck. Details to be announced. Please check this page again.

Tuesday 26 Travel Talk – “Afghanistan As It Was, 1972-73” – 10:00-11:30, Bellingham Senior Activity Center, Rm. 16.
Richard Abbott worked in Afghanistan in 1972-73 on a U.S. foreign aid (USAID) project designed to increase production of wheat by small farmers. He will show pictures taken during his travels and provide background on the history, agriculture and tribal areas of this fascinating country, including an update on the impact of years of war.

AUGUST

August events to be announced soon. Please check here again.