



HOSTED BY

## Tama County Public Health & Home Care

Tama County Public Health & Home Care will be hosting Coffee Talks throughout Tama County beginning October 2022.

Months	Topic
October—December 2022	Cold/Influenza
January—March 2023	Heart Health & Hypertension & Falls
April—June 2023	Heat, Diabetes, Diet & Exercise
July-September 2023	Socialization/Dementia



Have questions about Home Care?

Our Nurses can answer your questions  
for you!

For more information about Coffee Talks, please call:  
1-866-484-4788 or (641) 484-4788