



CRAVEN COUNTY SENIOR SERVICES

811 George Street
New Bern, NC 28561



Offering services to
Craven County Seniors
and Caregivers.

252-638-1790

CRAVEN COUNTY SENIOR SERVICES

Life Enrichment Classes

**Arts and Crafts
Crochet Group
Computer Classes
Oil Painting
Tai Chi
Gentle Yoga
Chair Aerobics
Line Dancing**

Health Promotion Classes

**-Powerful Tools for Caregivers
-Living Healthy with Chronic
Disease**

Support Groups

**Memory Cafe'
Grandparents Cafe'
PERC- Newly Diagnosed Alz
Grief Support**

**Caregiver Lending Library
and Resources**

**Advocacy, Education and
Resources**