

THE ELEVATOR

October 2026



BEAUTIFUL HOMES, STRONGER COMMUNITY

There's something special about a beautiful fall day in the lakes area, and we can't think of a better way to spend one than exploring some incredible homes while supporting Elevate!

Mark your calendar for Saturday, October 10 and join us for the Lakes Area Home Tour! This self-guided tour is your chance to step inside seven beautiful homes throughout the lakes area, gather inspiration, and enjoy a fun day exploring our community.

But the Home Tour is about more than beautiful homes. It's Elevate's biggest fundraiser of the year, and your support helps make the programs and opportunities you see throughout this newsletter possible. From community events and educational programs to the Memory Café, volunteer opportunities, resources, and so much more, proceeds from the Home Tour help Elevate continue creating ways for people to connect, stay active, and age well right here in our community.

So grab a friend, buy your tickets, and make a day of it! We'll see you on Saturday, October 10.

Tickets are available at elevateotc.org and at participating local retailers.



ONE DAY.
SEVEN HOMES.

TICKETS - \$40

Get yours online at elevateotc.org
or in person at Lumber Depot,
Nest, Prairiegrass, Periwinkle, or
Vergas Hardware.



Follow us on Facebook for
sneak peeks and updates!



Perham High School Interact in Action

We're so grateful to the Perham High School Interact student group for helping bring Elevate's Tech with Teens program to life! Each month, Interact students gather at the PACC to help community members with their phones, tablets, laptops, and other devices. They share their tech know-how, answer questions, and make technology feel a little less intimidating.

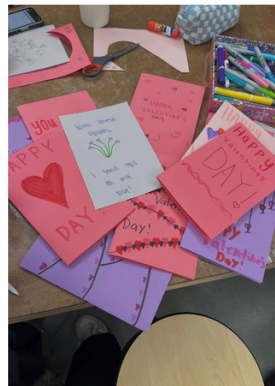
But Tech with Teens is just one of the many ways these students give back.

Throughout the year, Interact members take part in projects that support people and strengthen the community, including Trick-or-Canning, ditch cleanups, Warmth for Winter, the Pot of Gold Coin Drive, elementary school visits, card-making projects, and nursing home visits.

For students like Grace Stoderl, Interact is a meaningful way to give back while earning community service hours. Her favorite project, Trick-or-Canning, brings students together to collect food for the local food pantry. Madison Bernstetter joined for service hours and to build her college applications, but quickly discovered that volunteering with friends and helping others is the most rewarding part.

That spirit of service is what makes Interact such a great community partner. These students are willing to pitch in wherever they're needed, whether that means helping someone figure out their phone, collecting food for families in need, cleaning up local spaces, or spending time with older adults.

Thank you, Perham High School Interact, for sharing your time, talents, and enthusiasm with our community! We're lucky to have students who are willing to step up and make a difference.



presented by
arvig.

**YOUR GUIDE TO
OUTSMARTING SCAMMERS**

**Thursday, October 8 from 10-11am
at Elevate - 318 6th Ave SW, Perham**

Scams are becoming more convincing than ever, especially with the rise of artificial intelligence. Learn how to recognize common scams, spot AI-generated fraud, protect your personal information, and gain practical tips to stay one step ahead of scammers in today's digital world.

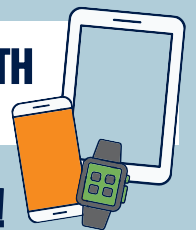
**PLEASE
RSVP**



*Bring your devices
to follow along!*

TECH *with* TEENS

3RD TUESDAY OF THE MONTH
from 1:30-3pm at PACC



Get help with your devices!

- Local students provide one-on-one tech help
- Bring your phone, tablet, or laptop
- Get assistance with apps, settings, and more
- No appointment needed – just stop by!
- Hosted by PHS Interact Students

INTRODUCING Golden GIVING TREE

Bringing holiday cheer to older adults in our community.



This holiday season, Elevate is partnering with United Community Bank to launch our first-ever Golden Giving Tree, bringing holiday cheer to older adults in our community. The Giving Trees will go out on November 20, with more details coming soon!

Want to help make the Golden Giving Tree happen? Check out this month's Volunteer Spotlight below to learn how you can be one of the helping hands behind the magic!

Volunteer Opportunity



GOLDEN GIVING TREE HELPERS

Help bring Elevate's first-ever Golden Giving Tree to life! Volunteers will help create a special holiday experience for older adults in our community, from collecting wish lists to getting gifts ready for delivery.

What You Can Do

- Meet with recipients and gather holiday wish lists
- Prepare wish tags and Giving Tree displays
- Organize and wrap donated gifts
- Prepare and deliver gifts to recipients
- Help with other holiday tasks as needed

Time Commitment

October-December • Choose the opportunities that work for you, whether you have a few hours to give or want to help throughout the season.

How to Get Involved

Join our Golden Giving Tree Volunteer Informational Meet-Up on Tuesday, October 6 at 11am at Elevate to learn more about the opportunities and find out how you can help. Can't make it? Contact Mindi at mindi.larson@perhamhealth.org or 218-347-1974 ext 6.



HOLIDAY MARKET

DONATE NEW AND
GENTLY USED ITEMS!

We're looking for donations like:

- **Outdoor/Hobby:** Hunting or fishing accessories, tools
- **Tech & Gadgets:** Small electronics, phone accessories
- **Kitchen Essentials:** Cookware, utensils, coffee mugs, small gadgets
- **Accessories:** Jewelry, gloves, hats
- **Home & Living:** Decor items, candles, seasonal items
- **Self-Care & Beauty:** Bath and body products, perfume
- **Holiday Wrapping Supplies:** Gift bags, tissue paper, gift tags, tape, gift boxes

No glassware or bedding, please!
Drop your donations in our bin outside the Elevate office at 318 6th Ave SE, Perham. Let's give these treasures a new home and spread some holiday cheer!

Shopping Dates:

MONDAY-FRIDAY,
DECEMBER 7-11
from 3-6pm

SATURDAY, DECEMBER 12
from 9am-1pm

AT ELEVATE
318 6TH AVE SW, PERHAM

HEALTHIER HAPPY HOUR



Start your week feeling good.

Join us for Healthier Happy Hour, where we kick things off with light movement to wake up the body, followed by a healthy snack while we cool down. It's easy, energizing, and a fun way to take care of yourself without overthinking it.



**NO RSVP
NEEDED.**

**MONDAYS
1PM AT PACC**

October 5
Senior Strength
& Stretch

October 12
Walk or Bike

October 26
Line Dancing



Fraud Prevention Symposium

Get expert insights from Minnesota Department of Commerce Fraud Bureau Special Agent at this free symposium! It's open to all individuals, families, and business owners. Topics include:

-  *Common scams targeting consumers*
-  *Red flags to watch for*
-  *Reporting fraudulent activity*

Wednesday, October 14
10am-11:30pm
New York Mills City Hall Ballroom
28 W Centennial 84 Dr

Coffee and donuts provided!

Hosted by Farmers & Merchants State Bank
of New York Mills



Coffee Talks

Free and open to the public!

PERHAM AREA COMMUNITY CENTER

1st + 3rd Wednesdays from 10-11am



OCTOBER 7
**Pelvic Health for
Everyday Living**

Perham Health therapists will share how pelvic muscles support bladder, bowel, and breathing function, discover common changes that can occur over time, and explore how pelvic floor physical therapy may help improve quality of life.



OCTOBER 21
**Perham Schools &
Referendum**

Superintendent Mitch Anderson will share updates from the district, along with information about the referendum that will be on the November ballot.

Save the Date

- November 4 - A Nurse's Desert Storm Story
- November 18 - Perham Health Expansion

NEW YORK MILLS PUBLIC LIBRARY

2nd + 4th Wednesdays from 10:30-11:30am



OCTOBER 14
No Coffee Talk

Instead, join us at the Fraud Prevention Symposium at NYM City Ballroom starting at 10am! Check out the details to the left.



OCTOBER 28
**Rural Schools &
Childhood Memories**

Take a step back in time with Missy Hermes as she shares the history of rural schools in Otter Tail County. Afterward, explore the traveling Childhood in Minnesota photo exhibit on display in the library.

Save the Date

- November 11 - Veteran's Day: No Coffee Talk
- November 25 - Sodium Smarts



NOSEY NEIGHBOR

Manufacturing Series

October is Manufacturing Month! We've teamed up with local partners to offer tours to give community members a look at the innovation, careers, and the inner workings in our region's manufacturing industry.

Space is limited. RSVP required!

LUND BOATS

Tuesday, October 6 at 1pm
318 W Gilman St, New York Mills

Did you know that Lund Boats builds 55 boats a day? Join us for an exclusive look at the production facility that churns out premier aluminum and fiberglass fishing boats for the ultimate fishing experience.

TAG-UP

Monday, October 12 at 1pm
831 Industrial Park Blvd, Fergus Falls

Take a look at Tag-Up, a creative company bringing ideas to life for schools, teams, businesses, and more! See how they create personalized products and discover the creativity and craftsmanship behind each unique item.

NORTH CIRCLE SEEDS

Tuesday, October 13 at 1pm
26253 485th St, Vergas

North Circle Seeds is a certified organic seed farm dedicated to growing, preserving, and sharing open-pollinated seeds adapted to the Upper Midwest. Tour the farm, learn how seeds are grown and saved, and discover how seed stewardship supports local food systems and biodiversity.

PAUL'S METAL PETALS

Tuesday, October 20 at 1pm
122 Memory Lane, Battle Lake

Discover the creativity behind Paul's Metal Petals, a business specializing in handcrafted metal art. See how recycled steel and flatware are transformed into unique pieces for indoor and outdoor spaces!

THOUSAND LAKES BREWING

Tuesday, October 27 at 1:30pm
110 W Lake St, Parkers Prairie

Take a behind-the-scenes tour of Thousand Lakes Brewery, a family-owned brewery with a passion for crafting quality beer. Learn about the brewery's history, processes, and ingredients. You may even get to enjoy a sample!



Variety Dance

Put on your dancing shoes and join us for an afternoon of polka music and fun in Frazee! Grab a partner and come dance the afternoon away.

TUESDAY, OCTOBER 20

Eric's Dance Band

from 1-4pm
at Frazee
Event Center
 114 Lake St N

Admission: \$7
 Beverages will be available for purchase, and you're welcome to stay for supper afterward for an additional fee.

For questions, contact Mary at 701-367-7398.

AVITA YOGA

for Joint Health & Arthritis

ease arthritis
increase range of motion
dissolve restrictions

FRIDAYS FROM 10-11AM
October 9, 16, & 23

at B Still Yoga
 650 3rd Ave SE, Suite 4, Perham
Cost: \$5

For more details, contact B Still Yoga
 at 218-205-2955.



October Calendar

Please note that some events need to be pre-paid and pre-registered! More details available in our newsletter.

EVENT COLOR KEY >

Free Registration

Paid Registration

Support Group

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 28 12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Walk/Bike at PACC Hearty Chili & Toppings / Blondie Brownie	29 10:30am - MS Support Group at Elevate 12:15pm - Bingo at Connections BBQ Chicken on Bun & Fries / Ice Cream	30 9-11am - Free BP Check at PACC 9-11am - Apple Sale Fundraiser at PACC Meatballs, Mashed Potatoes, Gravy / Oranges	October 1 Brat, Deli Salad, Beans / Fruited Jello Fluff	2 10am-2pm Community Clean Up Day
5 10am - Exploratory: Mah Jongg at Elevate 12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Senior Strength & Stretch at PACC Spaghetti & Salad / Cheesecake Bite	6 9-4pm - Foot Care Clinic at Perham Living (\$30) 1pm - Nosey Neighbor: Lund Boats in New York Mills 3pm - Caregiver Support Group at Perham Living 4pm - Mastering Medicare: AEP & Medicare Changes for 2027 at Elevate Sweet-n-Sour Chicken / Fortune Cookie	7 9-11am - Free BP Check at PACC 10am - Coffee Talk: Pelvic Health for Everyday Living at PACC Alfredo Meatballs & Mashed Potatoes / Brownie	8 10am - Digital Life Skills: Your Guide to Outsmarting Scammers at Elevate Cowboy Chicken Casserole / Lemon Pudding	9 9-4pm - Foot Care Clinic at Perham Living (\$30) 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)
12 10am - Exploratory: Mah Jongg at Elevate 12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour + Walk/Bike at PACC 1pm - Nosey Neighbor: Tag-Up in Fergus Falls Pork Fritter & Pesto Pasta / Fruit Salad	13 1pm - Nosey Neighbor: North Circle Seeds in Vergas 2:30pm - Parkinson's Support Group at Elevate  Winter Clothing Order Opens Chicken Biscuit Casserole / Pumpkin Bread	14 9-11am - Free BP Check at PACC 10am - Fraud Prevention Symposium at NYM City Ballroom 1pm - Exploratory: Vintage Halloween Banners at NYM Cultural Center (\$30) Hamburger & Tator Tots / Ice Cream Bar	15 2pm - Navigating Your Grief Support Group at Elevate Ham & Mashed Sweet Potatoes / Baked Apples	16 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)
19 10am - Exploratory: Mah Jongg at Elevate 11:30am - Monthly Birthday Lunch at Connections 12:30pm - Deal Me In Card Club at PACC 1pm - Monday Matinee "Pressure" at Comet Theatre (\$6) Country Fried Steak & Mashed Potatoes / Apple Crisp	20 1pm - Monthly Dance: Eric's Dance Band at Frazee Event Center (\$7) 1pm - Nosey Neighbor: Paul's Metal Petals in Battle Lake 1:30pm - Tech with Teens at PACC 4:30pm - The Mixer: Continental Divide Brew Pub in New York Mills Rib & Rosemary Potatoes / Ice Cream	21 9-11am - Free BP Check at PACC 10am - Coffee Talk: Perham Schools & Referendum at PACC 4:30pm - Cooking Club at Elevate Tiliapia & Rice Pilaf / Cream Puffs	22  1-3pm Memory Cafe at Crosspoint Alliance Church Meatloaf & Baked Potato / Dessert Bar	23 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)
26 12:30pm - Deal Me In Card Club at PACC 1pm - Healthier Happy Hour +Line Dancing at PACC Veg Beef Barley Soup & Sandwich / Tropical Fruit	27 10:30am - MS Support Group at Elevate 1pm - Nosey Neighbor: Thousand Lakes Brewing in Battle Lake 6:30pm - Collectors Club at Perham Area Public Library Chicken Alfredo / Dessert	28 9-11am - Free BP Check at PACC 10:30am - Coffee Talk: Rural Schools & Childhood Memories at NYM Public Library 10:30am - Ask Nurse Jean at Connections 3:30pm - ALS Support Group at Elevate Sloppy Joe & Potato Chips / Peanut Butter Bite	29 Pork Loin & Baby Potatoes with Gravy / Sherbet	30  Winter Clothing Orders Close

EXPLORATORIES

Try something new with us!

MAH JONGG

FREE

Monday, October 5, 12, and 19 from 10-11am at Elevate - 318 6th Ave SW, Perham

Have you always wanted to learn how to play Mah Jongg? Come learn the basics, practice your skills, and discover why this timeless game is so much fun. Attending and signing up for all sessions is strongly encouraged to really understand the game. **RSVP required.**



VINTAGE HALLOWEEN BANNERS | *Heritage Art Series*

\$30

Wednesday, October 14 from 1-3:30pm at NYM Cultural Center - 24 N Main Ave, NYM

Create a vintage-inspired Halloween banner complete with festive tassels in this fun, hands-on class. Inspired by traditional American and European folk art, you'll craft a charming holiday decoration to display and enjoy for years to come. **RSVP required.**

SOFT PRETZELS

\$30

Thursday, November 5 from 1:30-3pm at MW Pastry - 105 E Main St Suite 3, Vergas

Get ready to twist, bake and enjoy! Chef Madison Waller will walk you step-by-step through making giant soft pretzels from scratch. Choose your favorite salty or sweet toppings, and leave with the recipe and three giant pretzels to enjoy! **RSVP required.**



AQUA YOGA

\$15

Thursday, November 12 from 10-11am at PACC - 620 3rd Ave SE, Perham

Dive into a gentle and refreshing Aqua Yoga session with instructor Shannon Wegner! This relaxing practice adapts traditional yoga poses, breathing, and meditation to the water, offering a fun way to stretch, move, and unwind. **RSVP required.**

SLAVIC MOTANKA DOLLS | *Heritage Art Series*

\$30

Wednesday, November 11 from 1-3:30pm at Elevate - 318 6th Ave SW, Perham

Discover the art and tradition of creating a Motanka Doll, a handcrafted keepsake rooted in Slavic folklore. Using fabric, yarn, thread, and natural materials, you'll create a meaningful doll filled with symbols of prosperity, health, protection, and good fortune. **RSVP required.**



COOKING CLUB

Returns!

WEDNESDAY, OCTOBER 21

starting at 4:30pm at Elevate

RSVP Appreciated!

COOKING CLUB IS BACK!

Cooking Club is returning this fall! It's a fun, flavorful way to eat well, try something new and connect with others. Each month features a new cooking theme, with everyone bringing a dish and the recipe to share. We'll swap tips, build kitchen confidence and, of course, enjoy plenty of good conversation around the table.

Mark your calendar for the 3rd Wednesday of each month!

- October:** Copycat Recipes
- November:** 5 Ingredients or Less
- December:** Dip It Up
- January:** Bite-sized Yum

Bring a dish, bring the recipe, and come hungry!



Local Support Groups

Sometimes, it helps to know you're not alone.

Perham has a variety of support groups offering connection, understanding, and a place to share with others who may be going through something similar. All are welcome to join, whether you're looking for support, encouragement, or simply a place to connect.

CAREGIVER SUPPORT GROUP

First Tuesday | 3-4pm | Perham Living

A supportive space for those caring for a loved one. Connect with others, share experiences, and gain encouragement and resources for the caregiving journey. Contact Perham Living at 218-347-1940 or david.lilja@perhamhealth.org.

PARKINSON'S SUPPORT GROUP

Second Tuesday | 2:30-3:30pm | Elevate

Individuals living with Parkinson's and their care partners are invited to gather for education, gentle movement, practical tips, and connection with others who understand. Contact Katie at 218-347-1974 or katie.murdock@perhamhealth.org.

NAVIGATING YOUR GRIEF SUPPORT GROUP

Third Thursday | 2-3pm | Elevate

Hosted by Vivie Hospice, this welcoming group offers support, understanding, and companionship for anyone experiencing the loss of a loved one. Contact Vivie at 320-759-4935 or trisha.zimmerman@vivie.org.

ALS SUPPORT GROUP

Fourth Wednesday | 3:30-4:30pm | Elevate

A place for individuals living with ALS and their caregivers to find encouragement, share experiences, and learn from experienced facilitators and fellow participants. Contact Revive & Thrive at 218-332-4096.

MS SUPPORT GROUP

Last Tuesday | 10:30-11:30am | Elevate

Open to individuals living with Multiple Sclerosis, as well as family members and caregivers. Connect with others, discover resources, and find support in a welcoming environment. Call Mary at 218-298-0561 or Colleen at 218-298-2180.



MASTERING MEDICARE

AEP: CHANGES FOR 2027

Tuesday, October 6 from 4-5:30pm

Elevate - 318 6th Ave SW, Perham

RSVP Requested.

Medicare's Annual Election Period (Oct 15 – Dec 7) is your chance to make crucial healthcare coverage decisions. Join us to learn essential tips for reviewing your current plan, exploring new options, and making confident choices for the year ahead. We'll arm you with the insights needed to navigate AEP like a pro. Don't miss this chance to optimize your coverage and take control of your healthcare.

Hosted in partnership with Burgau Insurance.

The Mixer

Let's mix it up! Join us to explore and support local restaurants.

Continental Divide Brew Pub

Tuesday, October 20

from 4:30-6pm in New York Mills

Toad Lake Store

Tuesday, November 17

from 4:30-6pm in Frazee

All are welcome! RSVP Appreciated

BLOOD PRESSURE CHECKS



FREE!

Wednesdays
from 9-11am
at PACC



Join us for cards, games, treats, and plenty of laughter. Whether you're a seasoned player or just learning, everyone is welcome at the table.

MONDAYS FROM 12:30 – 2:30PM

PACC Front Lobby



Don't Miss Out!

Our events fill up fast, and waiting around for us to manually add your name could mean you're left on the sidelines. Skip the risk and register online! It's instant, easy, and guarantees your spot.

Visit elevateotc.org to sign up!

MONDAY MATINEE

PRESSURE



**MONDAY
OCTOBER 19**

starting at 1pm
at Comet Theater
Doors open at 12:30pm



Cost: \$6

includes a pop and popcorn

All ages are welcome!



MEMORY
cafe *where every story counts*

Creating Purpose Every Day

Discover how giving a person living with dementia a meaningful "job" can foster confidence, independence, and joy. This discussion explores simple, purposeful activities that help people continue contributing, doing what they love, and maintaining a sense of accomplishment while focusing on abilities rather than limitations.

Discussion facilitated by Mary Karkela

THURSDAY, OCTOBER 22

from 1-3pm at Crosspoint Alliance Church
600 NE 8th St, Perham

Individuals living with memory loss, care partners, family, friends, professionals, and community members are all welcome to join us for connection, conversation, and fun. **RSVP appreciated!**



Do you love collecting?

Whether it's coins, comics, vinyl records, books, toys, or something completely unique, Collectors Club is a fun place to share your collection, swap stories, and connect with fellow enthusiasts. Bring a favorite item and enjoy great conversation with others who appreciate the thrill of collecting.

4th Tuesday starting at 6:30pm

Perham Area Public Library - 225 2nd Ave NE

**FOOT
CARE
CLINIC**

TUESDAYS FRIDAYS

October 6 October 9
November 17 November 20

Call Julie at 218-731-4190 for your appointment at Perham Living!



MANY SIZES
+ COLORS
AVAILABLE

Gear Up with Elevate

The Elevate Swag Shop is back!

Grab your favorite sweatshirts, t-shirts, and more to show off your Elevate pride wherever you go. We've partnered with Longweekend Sportswear, so you can have your gear shipped straight to your door, no pickup needed.

SHOP OPEN:

TUESDAY, OCTOBER 13 - FRIDAY, OCTOBER 30

SHOP 👉 elevateotc.link/swag-shop



Hey you! Need a ride?

Need a ride to an appointment, grocery shopping, lunch with friends, or an Elevate event. The Elevate Van helps community members get around Perham and surrounding areas. Rides are available for \$10 round trip within Perham.

To schedule a ride, call 218-347-1974 and select option 2. Please schedule your ride in advance so we can make sure a volunteer driver is available. Riders must be able to get in and out of the van independently. The van is not wheelchair accessible.



elevate Connections

MONDAY - THURSDAY

at Perham Area Community Center
620 3rd Ave SE, Perham

10AM | SOCIAL TIME

All are welcome to swing by for some coffee and conversations!

11:30AM | LUNCH SERVED

Come enjoy a delicious and nutritious lunch with us! Please reserve your meal by leaving a message at 218-347-1974 by 12pm the day before. Meals are a suggested \$5 donation.



Monthly BIRTHDAY LUNCH

Come celebrate October birthdays with us at Connections. Thanks to Magnifi Financial, folks celebrating their birthday get a free lunch and everyone gets a special birthday dessert!

Monday, October 19 at 11:30am
in the Connections Room at PACC



CHRISTMAS CHOIR

CELEBRATE THE SEASON THROUGH MUSIC!

Join Elevating Voices Memory Loss Chorus, Perham Living residents, and community members as we sing familiar Christmas favorites together! Each session includes time for singing, socializing, and celebrating the season, all leading up to a special Community Concert.

No RSVP needed! Everyone is welcome, whether you love to sing or simply enjoy being part of the holiday fun. Volunteers are also needed to help welcome attendees and assist with singing. Call 218-347-9174 for details.

WEDNESDAYS
NOVEMBER 4 & 18, DECEMBER 2 & 9
 2:30-3:30pm at Perham Living Town Center
 735 3rd Street SW, Perham

 **COMMUNITY CONCERT**
WEDNESDAY, DECEMBER 16
 2:30-3:30pm at Perham Living Town Center
Refreshments to Follow

Become a Dementia Friend

Dementia Friends is a global movement changing the way we think about dementia and how we support people living with it. Join us for a casual, informative session to learn what dementia is, what it can be like to live with it, and how to better connect with those affected. You'll leave with simple, practical ways to make a difference in your everyday interactions. Together, we can build a more understanding and supportive community.

Monday, November 9 from 12:30-1:30pm
 at Elevate - 318 6th Ave SW, Perham

RSVP Appreciated.

What might it feel like to live with dementia?

Dementia Live is a powerful, hands-on experience designed to help you better understand the challenges people with dementia may face in everyday life. Our Elevate team participated in the training and found it so impactful that we became certified to host it right here in our community! Come experience it for yourself and leave with a deeper understanding, greater empathy, and practical insight.

DEMENTIA Live®

Monday, November 9
 from 2-4pm or 4:30-6:30pm
 at Elevate - 318 6th Ave SW, Perham
RSVP Required.

 **elevate**
 YOUR HEALTH • YOUR WAY

Ready to live your best life?
Visit elevateotc.org to get started.

 connect@elevateotc.org  (218) 347-1974  318 6th Ave SW, Perham

HOURS Monday-Thursday from 9am-5pm | Friday from 9am-noon | Closed Saturday & Sunday