



# Empower Yourself Workshops

**Wednesdays, Sept. 23 – Oct. 14, 2026**

**A four-week series -- 1:00 – 3:00 PM**

**Trinity United Methodist Church, 100 s. Blake, Sequim**

**Open to anyone living alone or expecting to live alone soon**



## **Household Finances**

**Wednesday September 23**



## **Taking Care of Yourself**

**Wednesday September 30**



## **Home and Auto Maintenance**

**Wednesday October 7**



## **Shopping and Cooking for One**

**Wednesday October 14**

**Come to one or come to all -- FREE**

**Information & Registration:**

**360-452-1511 or [office@vhocc.org](mailto:office@vhocc.org)**

**volunteerhospice.org -- Volunteer Hospice OF CLALLAM COUNTY**

