

**Dorcas Training Center Classes**  
 187 High House Road, Cary Plaza  
 dorcas-cary.org

## October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Training Center 10am-1pm <b>Mobile Health Clinic 10-1</b> Budget Counseling 10-1	4 Training Center 10am-1pm	5 Training Center 10am-1pm Budget Counseling 12-3	6 Training Center 10am-1pm Budget Counseling 12-3	7
8	9 Training Center 10am-1pm	10 Training Center 10am-1pm Budget Counseling 10-1	11 Training Center 10am-1pm <b>Financial Empowerment 6pm to 8pm</b>	12 Training Center 10am-1pm Budget Counseling 12-3	13 Training Center 10am-1pm Budget Counseling 12-3	14
15	16 Training Center 10am-1pm	17 Training Center 10am-1pm <b>FLU SHOT CLINIC 10-1 PM</b> Budget Counseling 10-1 <b>Smart Eating 1-2 PM</b>	18 Training Center 10am-1pm	19 Training Center 10am-1pm Budget Counseling 12-3	20 Training Center 10am-1pm Budget Counseling 12-3	21          <b>Ask about our Professional Resume</b>
22	23 Training Center 10am-1pm	24 Training Center 10am-1pm Budget Counseling 10-1	25 Training Center 10am-1pm <b>Smart Cooking 7-8 PM</b>	26 Training Center 10am-1pm Budget Counseling 12-3	27 Training Center 10am-1pm Budget Counseling 12-3 <b>Resume Writing 10:30-12:30</b>	28
29	30 Training Center 10am-1pm	31 Training Center 10am-1pm Budget Counseling 10-1				

**FREE FLU SHOT CLINIC** – Priority will be given to Cary/Morrisville residents.  
**SMART EATING** – Learn valuable nutrition information - taught by UNC Nursing students.  
**SMART COOKING!** – Learn simple recipes for inexpensive healthy eating. Free Groceries.  
**Free - Space is Limited, Must Register.**  
**RESUME WRITING** - Put you best self forward when applying for employment.

For more info: ask in the Crisis Ministry, email [outreach@dorcas-cary.org](mailto:outreach@dorcas-cary.org)  
 or call 919-469-9861, ext 204