



## Meals on Wheels and Senior Outreach Services

### **Free** Workshop for Family Caregivers

Family, friends, neighbors, and anyone who is an unpaid caregiver is invited to attend. Learn new techniques and hear about valuable resources.

**When: Tuesday, July 28th**  
**1:30 pm to 3:30 pm**

**Where: Meals on Wheels and Senior Outreach Services**  
**1300 Civic Drive**  
**Walnut Creek, CA**

**RSVP: Rhonda Dietsch at**  
**[rdietsch@mowsos.org](mailto:rdietsch@mowsos.org) or**  
**#925-937-8311 x130**

Almost half (46%) of family caregivers perform medical tasks normally associated as “nurse delegated” functions, typically with little training from health and social service systems. You are not alone. We can help.

Refreshments will be served.



Enhancing  
the quality  
of life for older  
adults in Contra  
Costa County

**Space is limited.**  
**Reserve your  
spot today!**