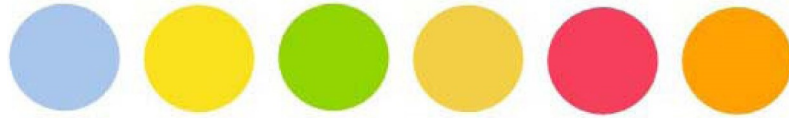




Meals on Wheels and Senior Outreach Services



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.



May 24, 2016, 1-3 PM
1300 Civic Drive
Walnut Creek

RSVP: Mary Hanenburg at
mhanenburg@mowsos.org
Or 925-937-8311 x 403

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

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.

Space is limited.
Reservation
required!