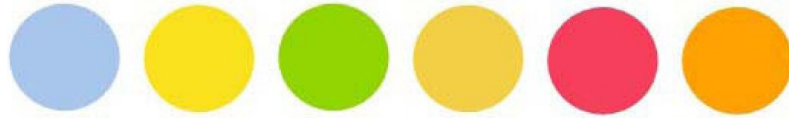




# Meals on Wheels and Senior Outreach Services



## **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.

### **2017 Schedule**

**1/24/2017 Walnut Creek**

**3/28/2017 Walnut Creek**

**5/23/2017 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!**