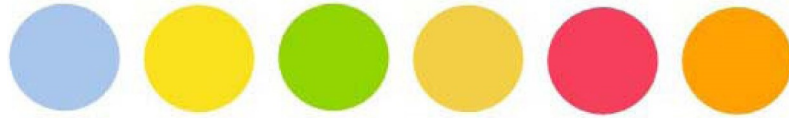




Meals on Wheels and Senior Outreach Services



Free Workshop for Family Caregivers

Created for family, friends, neighbors, and anyone who is an unpaid caregiver. Learn new techniques and hear about valuable resources.

Tuesday, March 28, 2017

Brentwood Senior Activity Center

193 Griffith Lane, Brentwood

1:30 PM – 3:30 PM

RSVP: Mary Hanenburg at

mhanenburg@mowsos.org

Or #925-937-8311 x 403

Refreshments will be served.

46% of family caregivers perform tasks normally considered “nurse delegated” functions, usually with little training from health and social service systems.

You are not alone. [We can help.](#)



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

**Space is limited.
Reservation
required!**