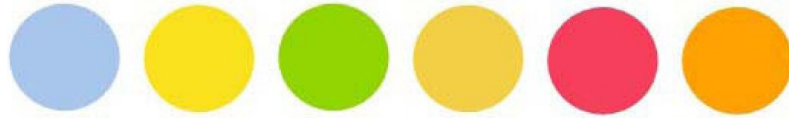




Meals on Wheels and Senior Outreach Services



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, September 26, 2017

Brentwood Senior Activity Center

193 Griffith Lane, Brentwood

1:30 PM – 3:30 PM

RSVP: Mary Hanenburg

mhanenburg@mowsos.org

Or call 925-937-8311 x 403

Register: *Parks and Recreation*

Department, 925-516-5444,

Workshop # 16309



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

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

**Space is limited.
Pre Registration
required!**

You are not alone. We can help.