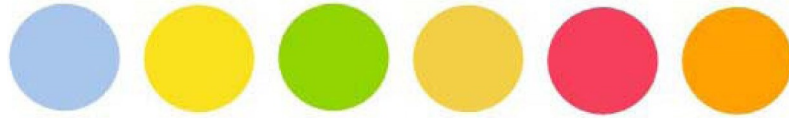




Meals on Wheels and Senior Outreach Services



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.

2017 Schedule

- 1/24/2017 Walnut Creek
- 3/28/2017 Brentwood
- 5/23/2017 Walnut Creek
- 7/25/2017 Concord
- 9/26/2017 Walnut Creek
- 11/28/2017 San Pablo

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

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!