



Family Caregiver Retreat

Friday, October 16th
9:00 am - 3:30 pm

Hope Center

Covenant Church

2275 Morello Ave, PH
(map on reverse)

Caregivers...take a much needed break...and learn ways to help you take better care for yourself and your loved one. You both deserve it!

⇒ This FREE community event includes a FREE lunch!!! ⇐

Come share a day of --

→ camaraderie

→ education; and

→ learning about the many resources available to you

You will receive lots of practical ideas and information to help make your life easier. All speakers are specialists in their fields who have generously donated their time for this wonderful FREE community event.

Call Danielle Habr at (925) 671-5221 to register. Space is limited, so please call today. We hope you can join us!

Sponsored by the City of Pleasant Hill's Commission on Aging. Supported by Meals on Wheels and Senior Outreach Services, the Alzheimer's Association, Kaiser Permanente, the YMCA, LTP Continuum, & Allstar Medical Supply

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