



CAREGIVER RESOURCES FOR LATE-LIFE TRANSITIONS

A FREE Retreat for Family Caregivers
Monday, October 8, 8:30 am - 12:30 pm
Pleasant Hill Senior Center
233 Gregory Lane, Pleasant Hill

Enjoy a day of education, sharing, and resources with other family caregivers. You will receive practical ideas and information to assist in the care for your loved one.



The Retreat will include:

- Morning refreshments and lunch
- Options for care management
- Speakers to guide you to community resources, advice, and support to help you manage conversations and make the critical decisions (including an expert on palliative and hospice care)

Due to limited space, this workshop is not open to health care workers.

To Register: Please call (925) 671-5221 or email dhabr@pleasanthillca.org by October 3rd.

All speakers are specialists in their fields who have generously donated their time for this wonderful event. This workshop is sponsored by the City of Pleasant Hill Commission on Aging and the Pleasant Hill Senior Center with lunches donated by John Muir Health.

Family Caregiver Workshop

Pleasant Hill Senior Center

