



Meals on Wheels and Senior Outreach Services

Free Workshop for Family Caregivers

Family, friends, neighbors and anyone who assists a senior is invited to attend. Learn new techniques & hear about valuable resources.

**When: Wednesday, November 19th
2:30 am to 5:00 pm**

**Where: Stoneman Village
375 Presidio Lane
Pittsburg, CA**

**RSVP: Rhonda Dietsch at
rdietsch@mowsos.org or
#925-937-8311 x130**

Almost half (46%) of family caregivers perform medical tasks normally associated as “nurse delegated” functions, typically with little training from health and social service systems. You are not alone. We can help.

Refreshments will be served.



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

**Space is limited.
Reserve your
spot today!**