

FREE WORKSHOPS FOR SENIORS



ONE HOUR INFORMATIONAL WORKSHOPS On Issues that Matter to Seniors and their Families!

SEPTEMBER 23, 2010
6:30 PM
WHAT IS HOME HEALTH CARE?

OCTOBER 28, 2010
6:30PM
CARING FOR THE CAREGIVER

NOVEMBER 18, 2010
6:30 PM
NUTRITION: THE FIRST LINE OF DEFENSE

DECEMBER 16, 2010
6:30 PM
CELEBRATING THE HOLIDAYS SAFELY WITH YOUR LOVED ONE

**CLASSES ARE HELD AT
GAINES CHARTER TOWNSHIP
LOWER LEVEL COMMUNITY ROOM
8555 KALAMAZOO AVE SE**

Please RSVP to

- ◆ Laurie J. Lemke, Treasurer Gaines Township 698-6640
- ◆ Jennifer Smith, Community Liaison United Nursing Services 878-7021