Bay County Division on Aging ~ presents

In service opportunity for Volunteers, Caregivers, and Seniors

Stress—How to Survive It

Speaker Bonnie Fritz, LPN, Golden Horizon Day Care, will discuss simple ways to de-stress and avoid burnout.
Use the bottom portion of flyer to reserve your spot. Enjoy a noon meal prior to the program and select meal choice.

Questions and answers to follow.

Thursday, May 19, 2016

Times: 12:00—12:55 p.m. Lunch
1:00—2:00 p.m. Program/Q & A
2:00—3:00 p.m. Caregiver Meeting

Location: Riverside Dining Center
800 J. F. Kennedy Drive
Bay City, 48706

Space is limited so get your registration in early.
$2.50 suggested donation (60 yrs. & better) for lunch
fee: $4.75 (59 yrs. & under)

Menu: choice of Entrée, Salad or Sandwich
Entrée: Baked Turkey, Mashed Potatoes, Gravy, Squash, Ginger Pear Cake
Salad: Crispy Chicken Salad or Sandwich: American Club Wrap

Volunteers will receive volunteer hours for attending the in service

To make reservations and/or transportation requests call Debbie at (989) 895-4100.
Reservation's must be made to attend by calling or filling out the section below, no later than Monday, May 16, 2016
For more information on this and other programs offered at the Division on Aging visit our webpage at www.baycounty-mi.gov/aging/

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Name: _____ Phone: _____

Email or Home Address: _____ Amount Paid: _____

indicate menu choice: entrée _____ salad _____ sandwich _____

Indicate category: Senior _____ Caregiver Participant _____ Division on Aging Volunteer _____

Check if Release and Waiver of Liability is on file: Yes _____ Need to sign _____
(only need one release form on file)

individuals with disabilities may request auxiliary aids/services by providing 10 days notice to the County of Bay before the scheduled event. Request should be directed at (989) 895-4098.

In service for May, 2016