Bay County Division on Aging ~ presents

In service opportunity for Volunteers, Caregivers, and Seniors

How to Boost Your Immune System

For older adults, having a strong immune system is important, especially during the cold and flu season. Being more vulnerable to infections, seniors need to take extra precautions to ensure they stay healthy. Cathy Sujkowski, RN at the Division on Aging will address reasons and solutions on how we can take the necessary action to become healthier.
Use the bottom portion of flyer to reserve your spot. Enjoy a noon meal prior to the program and select meal choice.

Wednesday, March 23, 2016

Times: 12:00—12:45 p.m. Lunch
12:45—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
BBQ Pork Chop, Buttered noodles, Cauliflowers & Peas, Lime Pear Jello
Salad: Chef Sandwich: Turkey Pita

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, March 21, 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 March, 2016