

Bay County Division on Aging ~ presents

An In-service Opportunity for Volunteers, Caregivers and Seniors

Managing Holiday Stress

Presented by Bay County Division on Aging ~ Cathy Sujkowski, RN, BSN

'Tis the season.....for added stress and depression for some. Holidays bring more demands, more expectations, more financial worries and just plain ol' getting off your regular routine schedule, adding to the normal stress factor at this time of year. But do not fear, the more you know about tips for coping, the faster you can achieve a joyous, happy and relaxed holiday season. Be aware and make the necessary changes. Bring your questions for a Q & A (question & answer) period after the presentation.

Thursday, November 15, 2012

Location: Riverside Center

(We will enjoy lunch first)

800 J. F. Kennedy Drive,

Time: 12:00 noon lunch

Bay City, 48706

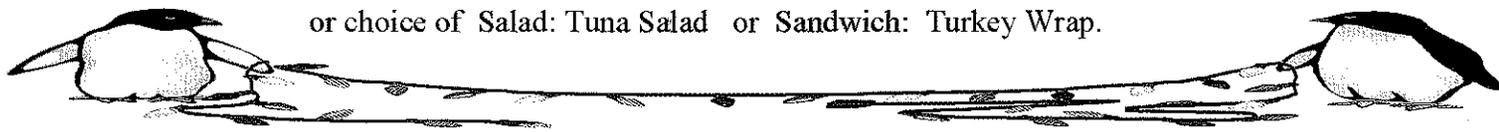
12:45 - 1:45 p.m. Program

Space is limited so get your registration in early.

\$2.50 suggested donation (60 yrs & better) for lunch

fee of \$4.75 (59 yrs & under)

Entree: Chicken Tetrazinni, Broccoli Florets, Creamed Cucumbers, Tropical Fruit Salad, Bread and Milk or choice of Salad: Tuna Salad or Sandwich: Turkey Wrap.



To make reservations and/or transportation requests call Sandy at (989) 893-7070.

A reservation must be made to attend by calling or filling out the detachable section of this form, no later than Monday, November 12, 2012 or until full.



Name: _____ Phone #: _____

Address: _____ Amt. Paid: _____

Indicated menu request: entree _____ salad _____ sandwich _____

Senior: Caregiver Participant: Division on Aging Volunteer:

Indicate if Release and Waiver of Liability is on file: Yes _____ Need to sign _____

(Only need one release on file for the year.)

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 to Michael Gray, (989) 895-4130 or 895-4049. Managing Holiday Stress