

Caregiver Stress Program

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

Caregivers often don't recognize their own needs or simply don't know where to turn for help when caring for a loved one. Learn about the signs of caregiver stress and find out ways to reduce some of that stress.

Presented by Brookdale Assisted Living

Monday, August 20, 2012

11:00 a.m. Program

12:00 noon Entree meal or choice of salad or sandwich

Suggested donation of: \$2.50 (60 years & better)

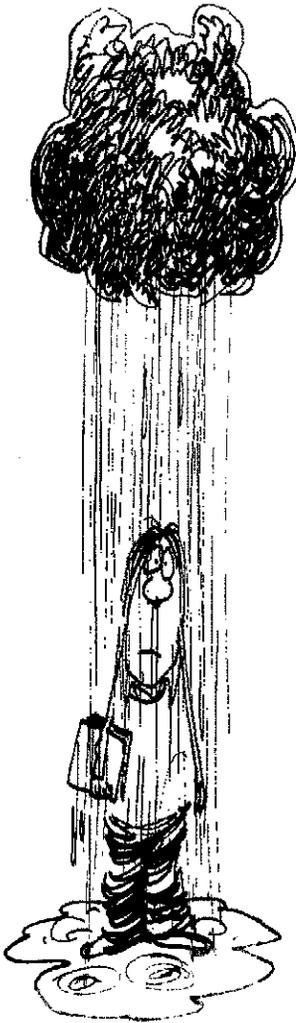
Fee \$4.75 (59 years & under)

Main entree: Baked Paprika chicken, Red skin potatoes, Beets and Pears & Beverages
or choice of salad or sandwich:

Salad - Chicken Salad or Sandwich - Meat Loaf Sandwich

For more information call Sandy at (989) 893-7070.

Transportation available upon request by contacting Sandy.



Name: _____ Phone #: _____

Address: _____ Amt. Paid: _____

indicate choice of meal: Entree _____ Salad _____ Sandwich _____

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. Caregiver Stress Program