

Bay County Department on Aging ~ presents

In service opportunity for Volunteers, Caregivers, and Seniors



Ask The Sheriff Program

Troy Cunningham, Bay County Sheriff, will be on hand to speak about self defense. A topic all older adults especially women should be aware of. The right kind of self-defense awareness can increase the safety and confidence in our daily lives. Being aware and identifying potential dangers and then knowing what to do can give you a more secured lifestyle. Knowledge is power and Sheriff Cunningham will help with basic moves and situational maneuvers to give us more confidence in our abilities. The drug dispenser will be on site from 12:45—1:30 p.m. for those needing to dispose of their meds day of the event. Bring your questions. Make the necessary reservations for lunch and a spot for the program.

Wednesday, May 22, 2019

Times: 12:00—12:45 p.m. Lunch
 12:45—1:45 p.m. Program
 2:00—3:00 p.m. Caregiver Meeting



Location: Riverside Activity 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)

Lunch offers choice of main entrée, or salad or sandwich
 Call Sandy for meal choices or visit the webpage also published in the Wonderful Times

To make reservations and/or transportation requests call Sandy at (989) 893-7070.
 Reservations must be made to attend by calling or filling out the detached section.
 For more information on this and other programs offered from the Department on Aging visit our
 webpage at www.baycounty-mi.gov/aging/
 Like us on Facebook @ Bay County Department on 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 contacting ADA Coordinator Amber Davis-Johnson @ (989) 895-4131 by providing 10 days notice to the County of Bay before the scheduled event. In service for may 22