

HURLEY  HEALTHY LIVING SERIES

HURLEY

SENIOR & CAREGIVER

WORKSHOP

Saturday, September 14

8am-3pm • Holiday Inn Gateway Centre

5353 Gateway Center - Flint, MI 48507

Complimentary continental breakfast & lunch will be served.

Call 810.262.4855 to Register Today, Seats Limited

**Limited Number of Respite Care Vouchers Available to Attend Event, call VAAA at 810.239.7671.*



This FREE EVENT will provide information to help keep you and your loved ones safe, happy & healthy!

EVENT HIGHLIGHTS & BREAKOUT SESSIONS INCLUDING:

- Alzheimer's Disease Information
- Managing Caregiver Stress
- Keeping Your Loved One Safe
- Bed & Bathing Tips & Tricks
- Proper Lifting Techniques (Save Your Back)
- When & How to Choose a Care Facility
- Free Chair Massages & Immunizations
- Hurley Senior Center of Excellence
- Avoiding Scams & Elder Abuse
- Advance Directives Information

For interpreting services for this event, please call 810.262.7275.

BINSON'S
Medical Equipment & Supplies
Since 1953

 Valley Area
Agency On Aging
*Answers, Action, & Advocacy
for
All Things Senior!*

HURLEY
MEDICAL CENTER