Somerville Council on Aging

Presents a Six Week

Caregiver Support Series

Topics Include:

Oct 17th: Tips on Bathing and Dressing

Oct. 24th: Nutrition

Oct. 31st: Self Care, homecare resources and when is it unsafe to remain at home

Nov. 7th: Activities you can do together

Nov. 14th: Attend a Memory Café

Nov. 21st: Coping with the holidays and having honest discussions with family and friends

167 Holland Street
Somerville, MA 02144
Thursdays,
Oct. 17th--Nov. 21st
4:30-5:30pm

The Caregiver Series will be led by Ashley Speliotis, LICSW; light refreshments will be served.

Please call Ashley to reserve your spot!

Phone: 617-625-6600 extension 2318