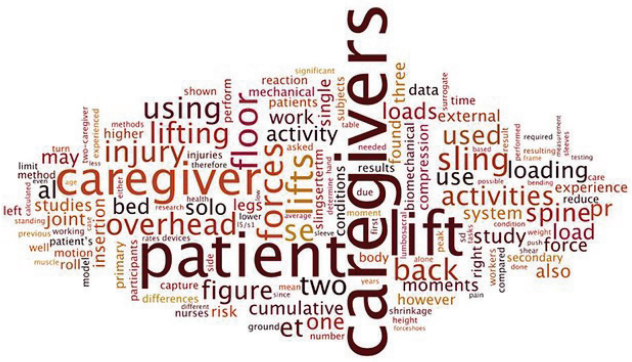
Somerville Council on Aging

Presents

A Four Week Caregiver Series

For Those Who Live Independently



Thursdays in February

9:30am—10:30am

February 6th, 13th, 20th, 27th

167 Holland Street

Somerville, MA 02144

As we grow older we often find ourselves living alone and caring for ourselves. A new series for the independent caregiver will focus on how to become a self-sufficient caregiver to ourselves. Topics will include: how to arrange for homecare services, important documents to complete and compile as you age, and home management.

Please call Ashley, 617-625-6600 ext.2318 for additional information