



Caregiver Wellness Community

A support system for family caregivers

HOSTED BY CARE EXCELLENCE TEAM



We focus on the three S's

SUPPORT • SELF-CARE • SAFETY

We provide education, resources, home-care tips and planning tactics for the future, as well as coping and preventative strategies for respite and self-care.

Everyone is welcome!

Come join us to get ideas, ask questions, and learn from each other.

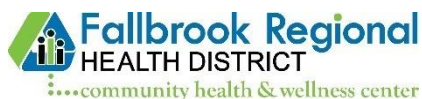
WHEN AND WHERE

The first Thursday of every month

9:30 am to 11:30 am

Fallbrook Regional Health District
Community Health & Wellness Center

1636 E. Mission Rd., Fallbrook, CA 92028 • Room 4 in the Education Building



Contact Teri Medley at The Foundation for Senior Care to reserve a spot.
760-723-7570 or tmedley@foundationforseniorcare.org

The Foundation for Senior Care is a 501(c)(3) nonprofit organization that provides seniors, and adults with disabilities, resources and services to sustain both emotional and physical wellbeing, live independently whenever possible, and age with dignity. Services include transportation, grocery delivery, referral and support advocacy, hospital-to-home recovery support, senior education, and adult daytime caregiving.

135 S. Mission Road, Fallbrook CA 92028 • 619-760-723-7570 • www.foundationforseniorcare.org