



# FOUNDATION FOR SENIOR CARE

*Committed to the wellbeing of older adults*

## Caregiver Wellness Community

A support system for family caregivers

HOSTED BY CARE EXCELLENCE TEAM



Care Excellence Team  
Senior Living Specialists

## 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 the Foundation for Senior Care to reserve a spot at  
**760-723-7570** or [dbadgley@foundationforseniorcare.org](mailto:dbadgley@foundationforseniorcare.org)

The Foundation for Senior Care is a 501(c)(3) nonprofit organization that provides vital services to older adults in the Fallbrook, Bonsall, Rainbow and De Luz areas. Services include transportation, 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](http://www.foundationforseniorcare.org)