



# 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

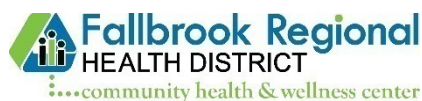
**The first Thursday of every month • 9:30am to 11:30am**

Mar 7 • Apr 4 • May 2 • Jun 6 • Jul 4 (No Meeting)

Aug 1 • Sep 5 • Oct 3 • Nov 7 • Dec 5

Fallbrook Regional Health District  
Community Health & Wellness Center

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



To reserve a spot, contact Deanna Badgley at  
[dbadgley@foundationforseniorcare.org](mailto:dbadgley@foundationforseniorcare.org) or call **760-723-7570**