

You're Invited



Lunch & Learn



Fridays

11 am – 12:30 pm

**Tooele Senior Center
Conference Room**

59 E. Vine Street

RSVP - limited seats

1 (435) 277-2456

Mark Your Calendar

October 13th - *Bed, bath and beyond*

Join us to learn about different devices and techniques to ease some of your daily tasks as a care provider. These practical tips will be presented by Dave Parke, Managing Owner of Home Instead Senior Care.

October 20th - *The power is out or you must evacuate your residence, now what?*

Recent emergency situations in our community put caregivers and the ones they love in challenging circumstances. Do you know what steps to take in an emergency? Join us for an important presentation on emergency preparedness for caregivers by Scott McKenzie, Emergency Planner with Tooele County Health Department.

October 27th - *What's so funny?*

Humor can be experienced every day, even when caregiving. In addition to health benefits, laughter can be used as a coping mechanism and an avenue through which relationships can be strengthened. Come laugh with Dr. Roy Van Orman, retired professor of gerontology, Weber State University.

November 3rd - *Take care to give care*

Join us in celebrating YOU during National Family Caregiver Month. Because of the taxing responsibilities of caregiving, it is very important to take care of yourself. Come learn some strategies and receive some gifts to do so.

