

**Free & Open
to the Public**



The Amherst Center for Senior Services
presents a

Care Givers Workshop **Wednesday, May 24, 2017 at 5:00 PM**

- **Enjoy the Comforts of Home with PACE** by Darlene Polak, Outreach & Intake Coordinator at Fallon Health Weinberg PACE
- **What Community Services & Resources are Available** by Angela R. Jones, MA, Social Case Worker at the Amherst Center for Senior Services
- **Mindfulness and Stress Reduction: Life Saving Tools for Family Caregivers** by Anne Marie Huurre is a Caregiver, Wellness & Certified Stress Management & Mindfulness Professional

~ Complimentary Dinner will be Served ~
Sponsored by the Amherst Senior Citizens Foundation



Reservations required by calling 636-3055 ext. 3108

Amherst Center for Senior Services
370 John James Audubon Parkway • Amherst NY 14228

Sponsored by:  **fallonhealth**
weinberg