



Bay County Department on Aging ~ presents
In service opportunity for Volunteers, Caregivers, and Seniors

Informational Session on Stress Relief During the Holiday's

Amy Kaczmarek, RSW Bereavement Coordinator for McLaren, will speak about Stress Relief especially during the holiday's. It is the time of year our expectations are high. The loneliness level is on high alert and we need help coping with our emotions. Amy is an excellent source of information and will aid us with ideas to help us through times of need. Come and make your holidays better than ever with a mental health adjustment. Reserve for this program along with a noon lunch.

NOTE: LOCATION CHANGE FOR THIS INSERVICE

Thursday, November 9, 2017

Times: 12:00—12:45 p.m. Lunch
12:45—1:45 p.m. Program
2:00—3:00 p.m. Caregiver Meeting



Location: Canteen Activity Center
800 Livingston Avenue
Bay City, 48708

Space is limited so get your registration in early.
\$2.50 suggested donation (60 yrs. & better) for lunch
\$4.75 fee for (59 and under)



Menu: Entrée~ Sloppy Joes on Wheat Bun, Fries, Green Beans, Snickerdoodle Cookie
choice of: Salad~ Taco Salad or Sandwich~ Creamy Egg Salad

To make reservations and/or transportation requests call Debbie at (989) 895-4100.
Reservation's must be made to attend by calling or filling out the detached section, no later than
Monday, November 6th.

For more information on this and other programs offer from the Department on Aging visit our
webpage at www.baycounty-mi.gov/aging/

Like us on Facebook: www.facebook.com/Bay County Department on Aging

Name: _____ Phone: _____

Email or Home Address: _____ Amount Paid: _____

indicate menu choice: entrée salad sandwich

Indicate category: Senior Caregiver Participant Division on Aging Volunteer

Individuals with disabilities may request auxiliary aids/services by contacting ADA Coordinator Amber Davis-Johnson @ (989) 895-4131 by providing 10 days notice to the County of Bay before the scheduled event. In service nov 2017