

# Somerville Council on Aging

Presents

## An evening Caregiver Workshop on Adult Day Health

**April 21, 2015**

**From 6:00 – 7:30**



167 Holland Street

This workshop will cover an overview of adult day health services as well as suggestions and tips to getting a loved one to accept services. Questions it hopes to answer include; What is adult day health? What are the benefits of attending this type of program? How much does it cost? Is it right for my loved one and their specific needs? How do I choose the right one?

Guest Speaker: Denise Thorud, Windsor House Adult Day Health

To register for this event, please call, 617-625-6600 ext. 2300

\*This meets at the regularly scheduled Caregivers group meeting but is open to the public.

