



SUPPORT OUR COMMUNITY SENIORS

7TH ANNUAL TRAINING & TOOL BOX OF RESOURCES



Thursday, January 29, 2015
9:30 a.m. – 1:15 p.m.

QPR Suicide Prevention Training*
1:15 – 2:15 p.m.



SAN MARCOS COMMUNITY CENTER, MAIN HALL
3 Civic Center Drive, San Marcos, CA 92069

Complimentary Box Lunch Provided

P Park on 3rd or 4th floors of parking garage.

Bring expired or unneeded prescriptions for safe disposal.



WHO SHOULD ATTEND:

The training is designed to support volunteers, caregivers, family and friends who visit seniors in their homes and care facilities. This includes:

- Family, friends and caregivers of seniors
- Service organization volunteers
- Faith-based care teams and Stephens' ministries
- Ombudsmen, Meals on Wheels and Senior Volunteer Patrol/YANA

LEARN ABOUT:

- Behaviors that should concern a visitor
- Prescription interactions and safe disposal of medications
- Alzheimer's Disease
- Fall Prevention
- Community resources to help seniors with staying active and safe, mental health issues and minor home repairs

TRAINING IS FREE – REGISTRATION REQUIRED BY FRIDAY, JANUARY 23, 2015

Register early. Space is limited.

Register at www.PalomarHealth.org/Classes, or call **800.628.2880**.

*When you register, let us know if you will be staying for Question, Persuade, Refer (QPR) Suicide Prevention Training that will be repeated this year from 1:15 – 2:15 p.m.