

Empowering Seniors to be their own Advocate in the Aging Process



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FREE WORKSHOP

Wednesday, February 1, 2012

11am -12pm

Age Smart: Understanding Your Choices and Options for Aging Independently:

A guide to aid and assist into safe at-home living. Learn what is available, from minimal assistance (e.g. housekeeping, grocery delivery, transportation) to maximum 24/7 care. From community services to local elder care services ready to help.

PLEASE SIGN-UP / RSVP:

Stoneham Council on Aging

(781) 438-1157

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