



Southern Caregiver Resource Center

Caring for those who care for others



Join us as we learn more
about

“The Aging Process”

Are you aware of the normal and
abnormal signs of aging?

We will discuss the concept of healthy
aging, the physical, social and emotional
changes of an aging adult, and successful
ways of aging well.

To register or for more information:
email: mfavela@caregivercenter.org
call: (858)717-8615
www.caregivercenter.org/agingprocess



To learn more about Southern Caregiver Resource Center
visit: www.caregivercenter.org



**In Person
on
Monday
March 4th
10:45 a.m. - 11:15 a.m.**



Chula Vista Library
Civic Center Branch
Conference Room
365 F Street, Chula Vista,
CA 91910