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.

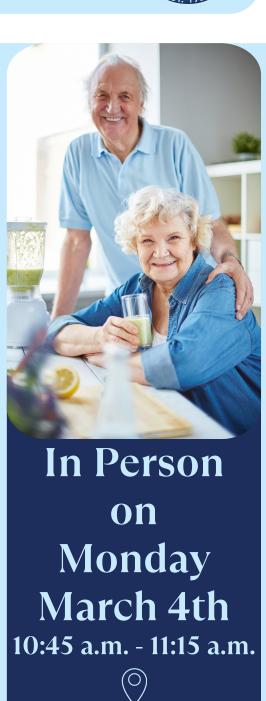
To register or for more information: email: mfavela@caregivercenter.org call: (858)717-8615 www.caregivercenter.org/agingprocess



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







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