

For Immediate Release | May 14, 2018

## Drop-in info sessions continue for seniors and caregivers

Interior Health (IH) and OneSky Community Resources are providing a series of free drop-in information sessions this spring.

CARES – Caring for Adults Requiring Extra Support – is designed to give seniors, their family and caregivers help with planning for the future as well as guidance in healthy living.

The weekly sessions will be held at the Penticton Seniors' Centre at 2965 South Main St. on Tuesdays from 1 to 2 p.m. beginning on May 22 through to July 10. Registration is recommended. Anyone can attend any or all sessions listed below:

- May 22 - First Contact: IH Services
- May 29 - Caregiver Support
- June 5 - Housing Options
- June 12 - Community Services
- June 19 - Home Support
- June 25 - End of Life Care
- July 3 - Mental Health Services
- July 10 - Finances and Advance Care Planning

An IH nurse will be available for 30 minutes after each session to offer referrals and general information.

Please Note: individual counselling is not available.

To register please call: 250-493-2111.

For more information please call: 250-770-3602.

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**PUBLIC SERVICE ANNOUNCEMENT**