



OFFICE OF THE COUNCIL ON AGING

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Balancing Caregiving and Work Without Burning Out

A Seminar for Adults of All Ages who Care for Elder Loved Ones

DATE: Wednesday, April 11

TIME: 10-11:30 AM

PLACE: Belmont Senior Center, 23 Oakley Road

Continental Breakfast Provided.

Respite Care Available with advanced notice.

Please call (617-484-5501) to register.

Suggested Donation is \$5.

Funding for this program is made possible by the Mass. Department of Elder Affairs through a Service Incentive Grant