



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: Monday, April 9***

***TIME: 5-7PM***

***PLACE: Belmont Senior Center, 23 Oakley Road***

***A Light Dinner 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*