

The Older Adult Suicide Prevention Committee Presents:

# Senior and Family Caregiver Wellness Day

August 3, 2019 9am-12pm

San Luis Obispo City/County Library  
Community Room  
995 Palm Street

## Featuring:

SLO Food Bank Senior

Farmer's Market

Blood Pressure Screening

Fall Prevention Education

Resource Fair

Raffle Prizes

## FREE WORKSHOPS!

- Scams and Identity Protection
- Cultural Competency with LGBTQ+ Seniors
- Caregiver Self-Care
- Finding your Community Resources

Free Parking Vouchers For Parking Structures Will Be Provided  
*(While Quantities Last)*

For more information, contact

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Co-Sponsored By:

