



For Immediate Release | Sept. 8, 2017

Drop-in info sessions continue for seniors and caregivers

Interior Health (IH) and the Penticton & District Community Resources Society are once again providing a series of free drop-in information sessions this fall.

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 Health Centre at 740 Carmi Ave. on Thursdays from 4:30 to 5:30 p.m., beginning on Oct. 5 through to Nov. 23. No registration is required and anyone can attend any or all sessions listed below:

- Oct. 5 - First Contact: IH Services
- Oct. 12 - Community Supports
- Oct. 19 - Housing Options
- Oct. 26 - End of Life Care
- Nov. 2 - Home Support
- Nov. 9 - Mental Health Services
- Nov. 16 - Caregiver Support
- Nov. 23 - 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.

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

PUBLIC SERVICE ANNOUNCEMENT