

For Immediate Release | March 16, 2017

## Drop-in info sessions offered for seniors, caregivers

Interior Health and the Penticton & District Community Resources Society 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 Health Centre at 740 Carmi Ave. on Thursdays from 4:30 – 5:30 p.m., beginning on April 6 through June 8. No registration is required. Anyone can attend any or all sessions.

Topics include an overview of helpful Interior Health services and how to access them; staying at home with supports; financial and legal concerns; caregiver support; general wellness; and healthy brains.

An Interior Health nurse will be available for 30 minutes after each session to offer referrals and general information. Note: individual counselling is not available.

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

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**PUBLIC SERVICE ANNOUNCEMENT**