



## Free Caregiving Workshop for San Mateo County IHSS Providers!

### Caregiving At Life's End

Learn caregiving and community resources to help during the journey of supporting someone at life's end.

Learn ways to take care of yourself too.

**When: Friday, May 31, 2019**

**Time: 10:00am—12:00pm**

*Presented by Mission Hospice & Homecare of San Mateo*

### Location

San Mateo County Health Building  
225 37th Ave, San Mateo, Room 100

**To Register Call Stacy Goldsby (650) 578-7146**

For more information visit our website:

[smchealth.org/paworkshops](http://smchealth.org/paworkshops)

Para asistencia en Español llame a Stacy Goldsby al (650) 578-7146

中文翻译吗？ Call Kelly Chan at (650) 573-2047