



Essential Caregiving Skills Workshops for San Mateo County IHSS Providers! April - June 2019

Personal Care

Learn techniques for assisting your client with bathing, dressing and oral care.

When: Saturday, 4/13/19 from 9:30a - 12:30p

Where: San Mateo Medical Center
222 39th Ave, San Mateo, **Education Classroom #2**

Fall Prevention

Learn the risk factors in the home and community environment, causes of falls for seniors and people with disabilities and how to keep your client and yourself safer.

When: Thursday, 5/9/19 from 1:00p - 4:00p

Where: San Mateo County Health Bldg
225 37th Ave, San Mateo, **Room 100**

Nutrition

Learn nutrition basics, tips for shopping and preparing food for older adults and individuals living with chronic health conditions.

When: Saturday, 6/22/19 from 9:30a - 12:30p

Where: San Mateo County Health Bldg
225 37th Ave, San Mateo, **Room 100**

To Register Call Stacy Goldsby (650) 578-7146

For more information visit our website:

smchealth.org/paworkshops