



# HEALTHY AGING

## ALL-DAY SUMMIT FOR FAMILY CAREGIVERS

- Supporting Healthy Caregivers
- The Science of Healthy Aging
- Healthy Lifestyles
- Preventive Services

**Taking care of yourself improves care for your loved one.  
Engage in conversations with prominent MDs/clinicians.**

**Thursday May 17th 2018  
9.30a—5.00p**

**Dominican Sisters of Mission San Jose  
43326 Mission Circle | Fremont | CA 94539**

**PRE-REGISTRATION IS REQUIRED!**

### TO REGISTER

**Contact Frishta Sharifi | e-mail: [fsharifi@fremont.gov](mailto:fsharifi@fremont.gov) | 510.574.2035**

Breakfast and lunch included! There are limited number of spaces for this program.  
Please register by May 10th 2018. *We cannot accommodate same-day registrations.*

