



Ask a Friend.
SHARE YOUR SPIRIT.

**Bring a friend!
Don't miss this training program designed especially for
volunteers and staff who care for seniors!**

**SAFE ASSISTS:
PROTECT YOURSELF---PROTECT YOUR SENIOR FRIEND
who may use a cane, a walker or a wheelchair.**

Thursday, June 5
12:00 – 1:30 PM
Minuteman Senior
Services
24 Third Avenue
Burlington MA 01803
781.221.7023

Learn what to do if you are with a senior who falls. See a demonstration of how to offer an arm assist and how to safely navigate stairs while using a cane. Learn how to make transfers from a wheelchair or walker to chair; Review fall prevention tips.

**VOLUNTEERS ENCOURAGED TO ATTEND
THIS PRACTICAL AND INFORMATIVE TRAINING**
Presented by Michelle Hughes, Physical Therapist
Light Refreshments; RSVP by June 2, 2008



MINUTEMAN SENIOR SERVICES
24 Third Ave, Burlington, MA 01803 Toll-Free 888.222.6171
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www.minutemansenior.org

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