

AL-AFIA FOR SENIORS

Presents

SENIOR DAY

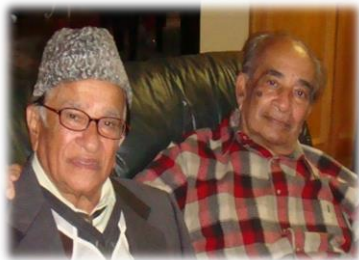
- Socialize with other seniors
- Provide your input to the Al-Afia for Seniors project team
- Participate in fun activities



**Real Time
Interpretation
Available in:**

Arabic, Dari/Farsi,
Pashto and Urdu

(Equipment sponsored by
Sacramento County
Department of Health
Services)



Date: Saturday – August 11, 2018 11:00 AM – 4:00 PM

Program will start promptly at 11:00 AM followed by lunch at 11:30 AM.

Tickets In-Advance: Free admission and lunch with prior RSVP to al-afia@mas-ssf.org or call (916)486-8626 by August 7, 2018.

Location: SALAM Center
4545 College Oak Dr, Sacramento, CA 95841

**Muslim
American
Society
Social Services
Foundation**



Workshop

**THE AGING
JOURNEY:
AGING-IN-PLACE
FOR SENIORS**

**You will get
information on:**

How to access
assistance needed

Areas in which seniors
may benefit from
assistance

Senior safety tips

Caregiving tips and
self-care for day to day
needs

Overview of the senior
population

In Partnership with :



California Health Collaborative



SACRAMENTO
COUNTY