



H.E.L.P. @ REDONDO BEACH PUBLIC LIBRARY

H.E.L.P.
Workshops

A SERIES OF WORKSHOPS

H.E.L.P.® Workshops will be held at
Redondo Beach Main Library.

All are free and open to the public.

Choosing an Emergency Alert System

Thursday, September 11
11:30am-1:00pm

Learn about different in-home monitoring
and emergency alert systems on the
market.

Hospice 101

Thursday, September 25
11:30am-1:00pm

Learn about types of hospice care that
can be provided at home and in
facilities.

Redondo Beach Main Library
Meeting Room - Floor 2
303 N. Pacific Coast Hwy

Stress Free Zone **Thursday, October 2** **11:30am-1:00pm**

Learn different ways to reduce stress
and improve your well-being.

Dementia 101 **Thursday, October 9** **11:30am-1:00pm**

Learn how to tell if it is normal aging or
signs of dementia. Learn what can be
done for patients and their caregivers.

*H.E.L.P. provides free education,
counseling and programs to older
people and their families so they can
live their best lives.*

For more information please contact the Adult
Information Desk or call (310) 318-0675
option 3 or visit www.redondo.org/library



REDONDO BEACH


H.E.L.P.
Helping Elders Live Productively

(310)533-1996
WWW.HELP4SRS.ORG