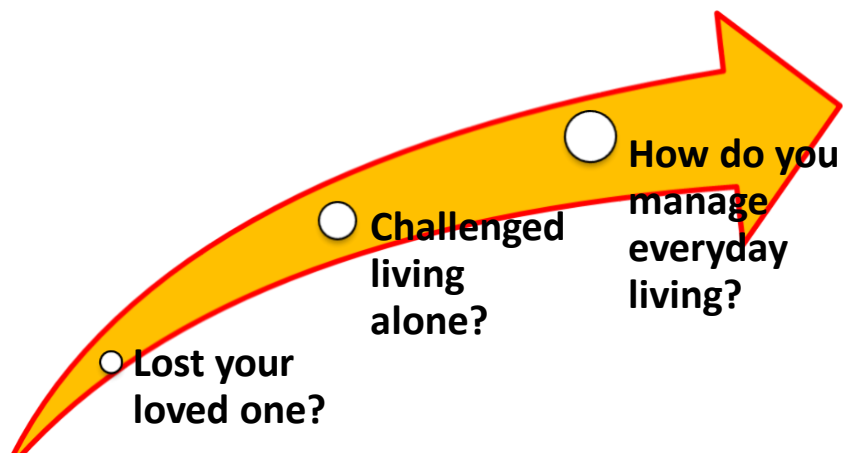




Practical Advice on **Living Alone Now**



Workshop sessions on the practical aspects of living alone after your spouse/partner has died. Come to one or all!

PUD Facility, 104 Hooker Road (x Hwy. 101) Sequim
Monthly on Tuesdays- 1:30 pm to 3:30 pm

February 26: Home & Car Maintenance (Michael Bucierka)

March 26: Shopping & Cooking (Dr. Carolyn DeSalvo & Rosalinda Castiglioni)

April 30: Fraud Prevention & Consumer Protection (Karen Hallis)

May 21: Q&A with Mark Harvey of Senior Information & Assistance

June 25: Self-Care (Debbie Smith, Rev. Maggie Bourne-Raiswell)

Free – Information & Registration @ VHOCC: 360-452-1511