

# *In-Home Supportive Services Public Authority Presents...*

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## **Provider and Recipient Training Classes!**

### **Classes scheduled for June-December, 2018**

June 7th– Mobility and Fall Prevention\*

June 28th-Understanding Diabetes

July 12th– Points for Personal Care and Wheelchair Use\*

July 26th-Senior Volunteer Program

August 9th, 2018-Home Safety and Universal Precautions\*

August 23rd, 2018– Understanding Alzheimer’s Disease

September 13th, 2018– Community Resources to the Rescue\*5:30 p.m.

September 27th, 2018– Common Mental Illnesses-Fighting the Stigma  
through Recovery-5:30-7:30 p.m.

October 4th, 2018 Sacramento IHSS Provider Health Insurance Eligibility  
& Requirements (3701 Branch Center Road, conf. rm.) 5:30-7:30 p.m.

October 11th, 2018-The Importance of Foot Care with Dr. Romines

October 25th, 2018-Mobility and Fall Prevention\*-5:30-7:30 p.m.

November 1st, 2018-Nutrition\*-5:30 p.m.

November 15th, 2018-Grief and Bereavement-5:30 p.m.

December 6th, 2018– How to Talk to Your Doctor (3700 Branch Rd.)

*For American Sign Language Interpreters Requests please do so 2 weeks in advance  
Mary-Ann Cowan at (916) 876-5682*