



Onondaga County Office for Aging,
Caregiver Services

Caregivers in the Workplace Lunch & Learn

for Current or Future Family Caregivers

Offered at **NO COST** to all Onondaga County **Employers** and **held at your organization or place of business.**

The goals are:

1. Increased work efficiency
2. Decreased absenteeism
3. A less stressed workforce

It consists of a one-hour informational presentation on a topic essential to your employees: **Topics Include:**

- Legal and Financial Issues in Healthcare Planning
- Community Based Resources
- Stress and Depression
- Medicare
- Nutrition and Exercise
- Health Care at Home
- Senior Living Options
- Changes As We Age
- And More

For information, or to schedule
a **Lunch & Learn** please call
315-435-2362 x4994

