

# Caring Hands

## Volunteer Caregivers Program

### Needs Volunteers

#### Help a Senior - Make a Difference

Friendly Visiting and Companionship •  
Shopping and Errands • Transportation to  
Medical Appointments • Respite Care •  
Occasional Driving • Social Outings

#### Training classes are held every other month

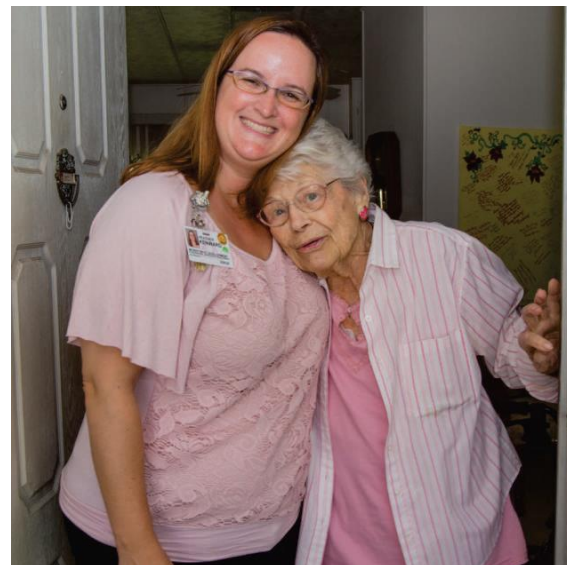
*Orientation/Interview and pre-registration is  
required*

#### Contact Us: Caring Hands

**925-952-2999**

[caring.hands@johnmuirhealth.com](mailto:caring.hands@johnmuirhealth.com) or

[www.johnmuirhealth.com/caringhands](http://www.johnmuirhealth.com/caringhands)



Date	Time	Location
Friday, January 19, 2018	9:00am – 2:30pm	Walnut Creek Medical Center
Friday, March 23, 2018	9:00am – 2:30pm	Brentwood Outpatient Center
Friday, May 18, 2018	9:00am – 2:30pm	Concord Medical Center
Friday, July 20, 2018	9:00am – 2:30pm	Brentwood Outpatient Center
Friday, September 28, 2018	9:00am – 2:30pm	Walnut Creek Medical Center
Friday, November 9, 2018	9:00am – 2:30pm	Concord Medical Center