

Caring Hands

Volunteer Caregivers Program

Volunteers Needed!

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

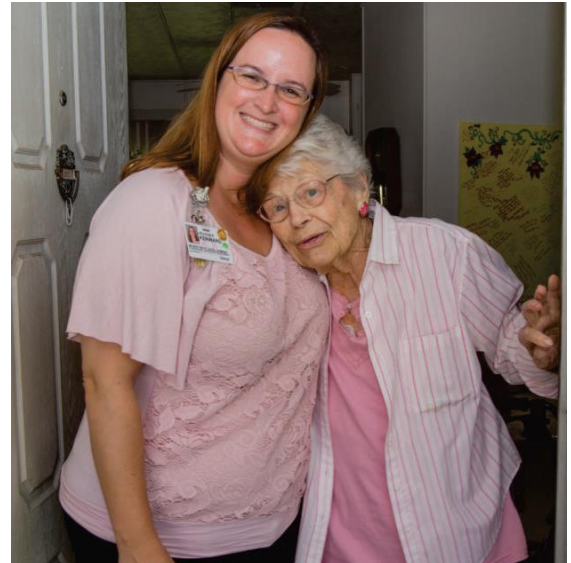
*Orientation/Interview and pre-registration is
required*

Contact Us: Caring Hands

925-952-2999

caring.hands@johnmuirhealth.com or

www.johnmuirhealth.com/caringhands



Date	Time	Location
Friday, January 25, 2019	9:00am – 2:30pm	Walnut Creek Medical Center
Friday, March 22, 2019	9:00am – 2:30pm	Brentwood Outpatient Center
Friday, May 17, 2019	9:00am – 2:30pm	Concord Medical Center
Friday, July 19, 2019	9:00am – 2:30pm	Brentwood Outpatient Center
Friday, September 27, 2019	9:00am – 2:30pm	Walnut Creek Medical Center
Friday, November 8, 2019	9:00am – 2:30pm	Concord Medical Center