



Join us and reconnect  
with the Foundation  
for Senior Care

Dr. Diane Darby Beach  
is a Gerontologist with  
28 years of experience  
in Health Promotion  
and Eldercare.

**TUESDAY, JULY 21, 2020  
FROM 10-11AM PST  
FREE ZOOM WEBINAR:  
CARING FOR YOURSELF AND YOUR LOVED  
ONE DURING THE COVID CRISIS**

Join the conversation with  
**Dr. Diane Darby Beach, Gerontologist**

Learn ways to take care of your loved one in the  
midst of this COVID-19 crisis.

- How can you protect your older adult from exposure?
- How can you communicate with your senior about the virus?
- How can you take care of yourself as the caregiver during this crisis?

**FREE EVENT  
Tuesday  
July 21, 2020  
10-11am PST**

**For more information  
call the Foundation  
for Senior Care at  
760-723-7570**



**REGISTER AT <https://bit.ly/COVIDCareSeminar>**

Foundation for Senior Care | 760-723-7570 | [www.foundationforseniorcare.org](http://www.foundationforseniorcare.org)