



MANALAPAN SENIOR CENTER

HOW TO ADVOCATE FOR YOURSELF OR A LOVED ONE

TUESDAY, APRIL 21 - 1:00 PM



Advocating for yourself or a family member can be difficult. Clinical settings can be overwhelming and anxiety inducing. This seminar will teach you ways in which you can best advocate for yourself or your family member in a hospital, physician's office, or post-acute setting to get the most out of your visit or stay.



**Manalapan Community Ctr.
114 Rt 33 West**

**Register by 4/15 in person
or call 732-446-8401
(lunch will be served)**

