

THE RESIDENCES

OF UNITED HOMECARE



HEALTHY LIVING SOCIAL FRIDAYS

Seniors and Family Caregivers are welcome to attend our speakers' series.
Join us for tapas & wine after the chats. No Cost.

“5 KEYS TO PREVENTING MEMORY LOSS”

Beyond genetics, learn about the essential things that you can do to help prevent Memory Loss as you advance in age.

Friday, October 6th, 3:00 – 4:00 PM

Guest Speaker: Adriana Rodriguez, RN, Director of Nursing

“HEALTHY WEIGHTS FOR SENIORS”

Want to feel energetic and better manage a chronic health condition?

Friday, October 13th, 3:00 – 4:00 PM

Guest Speaker: Simone De Oliveira, Registered Dietitian

“CAREGIVING STRESS, CAN I OVERCOME IT?”

Family caregivers of older & disabled adults face challenges that can provoke stress. Learn stress management techniques that will improve your quality of life.

Friday, October 27 at 3:00-4:00 PM

Guest Speaker: Guadalupe Rodriguez, Licensed Clinical Social Worker

“WHY DO I NEED A WILL & TRUST?”

Explore the benefits of having a “Will” and “Trust”. You work hard your entire life to make money and acquire assets, so plan ahead to protect it before passing.



**Friday, October 20th,
3:00 – 4:00 PM**

Invited Guest Speaker:
Stephanie A. Cruz,
Attorney at Law

Reserve Your Space Today: Call 305-716-0710 or email bceballos@unitedhomecare.com

9355 SW 158 Avenue, Miami, FL 33196 • www.theresidencesuhc.com