



# The City of Redlands

Facilities and Community Services | Senior Services Presents



## Dessert and Dialogue

### The Complete Resource Guide "For Baby Boomers" with Author "Darlene Merkler"



Everything You Need to Know About Caring  
For Your Parent

In this second edition of Darlene's book you will discover resources, information, and hope to face the aging of loved ones and even your own maturation. This book is an excellent guide for future and current caregivers of families and friends who can sometimes be overwhelmed with the challenging phase of life and relationships. Come hear author Darlene Merkler share her experiences and life changing advice.

-This event is for all current and future caregivers of all ages!

## Book Discussion

### Monday

### February 24, 2020

### 12:30pm

The presentation will take place after the senior nutritional program. Participants are encouraged to enjoy the lunch program starting at 11:30am. \$3 donation for those 60 or older and guests under 60 may enjoy lunch for a \$7 fee.

**Dessert will be provided during the presentation for free. Pre-Registration is required.**

For more information, contact the Redlands Senior Center at (909) 798-7579.

The Redlands Senior Center is located at 111 W. Lugonia Ave. City of Redlands.

Additional information is available on the City's Facebook page at