

**Are you or someone you know
55 years or over and raising
a grandchild who is under 18
OR caring for a family member
under 18 who has a disability?
WE CAN HELP!**

*We may be able to help pay for camps, activities, or
assistance to give you some personal time.*



Call Ellen Hurst
with the
East Alabama Commission
Area Agency on Aging's
CARES program
for more information today.
(256) 237-6741

**Remember: To take care of others,
you have to first take care of yourself.**

