



**AlmaVia of San Rafael**

515 Northgate Drive  
San Rafael, CA 94903

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**For Immediate Release**

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**AlmaVia of San Rafael Hosts Educational Series**

**San Rafael, Calif.** – AlmaVia of Santa Rafael is hosting a series of free educational lectures through November 2011. The lectures will take place at San Rafael located at 515 Northgate Drive. Each session will run the third Wednesday of each month from 4 to 6:30 p.m.

The sessions are open to eldercare professionals, case managers, discharge planners, RN's, LVN's, social workers and members of the community who want to obtain important information on aging seniors.

The schedule is as follows:

- August 31, 2011 -- *All About Osteoporosis*  
Presenter: Beverley Tracewell RN
- September 21, 2011 – *Fall Prevention for Older Adults*  
Presenter: Colleen Campbell
- October 19, 2011 – *Safe Exercise for Older Adults*  
Presenter: Sherri Betz
- November 16, 2011 – *Better Nutrition for Older Adults*  
Presenter: Beverley Tracewell, RN

Space is limited and refreshments will be served. Optional tours are offered after each session. To RSVP, call AlmaVia of San Rafael at 415-491-1900.

AlmaVia of San Rafael is a part of Elder Care Alliance, a non-profit faith based organization committed to serving and enriching the physical, emotional and spiritual well being of older adults. For more information on AlmaVia of San Rafael, visit the website at [www.almavia.org](http://www.almavia.org).

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