

NANCY GOLDCAMP presents



Avenidas Re-Inventing Aging

Concerned about your aging parents? Turn to Avenidas, a trusted provider of information and services to older adults and their families on the mid-Peninsula since 1969. Our mission is to help older adults in our community be as active, engaged and healthy as possible throughout their lives by providing relevant services and programs.

If your frail loved ones need transportation assistance, Avenidas will drive them there. If they want to attend a support group or get counseling, Avenidas will be there for them. If they

love their home and want to age-in-place there, Avenidas will support them 24/7.

If they want to exercise their bodies, try their hand at watercolors or creative writing, learn Chinese or play a game of chess, they can do all that at Avenidas. If they need their blood pressure checked or want to attend a nutrition lecture, Avenidas can help. If they need adult day health care, Avenidas provides that in a beautiful and safe setting.

Now you and your aging loved ones can discover how Avenidas is Re-Inventing Aging!



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