

2010 Resource Guides Now Available in Print or Online

Would you like to know more about what's available in your community for older adults and people with disabilities? The Aging & Disability Resource Center has free community resource guides available. You can find information on housing options, employment, health and wellness classes, support groups, transportation, and much more. You may pick up a copy at your local senior center or library. You can also visit our web site, www.adrcconnections.org and view our resource guide online. Call Trisha Bailkey for more information, 1-888-538-3031.