

Pancake Breakfast and Health Fair to benefit

Meals on Wheels and Senior Outreach Services'



Proceeds will provide home safety
modifications for seniors at risk for falls



Sunday, October 1

8:30 a.m. — 10:30 a.m.

The Pleasant Hill Senior Center
233 Gregory Lane,
Pleasant Hill

Our Fall Prevention Program is made possible in part through the generous support of
John Muir Health and the Area Agency on Aging.

Thank you to the Pleasant Hill Senior Center for their valuable partnership for this event.



**Meals on Wheels and
Senior Outreach Services**



501 (c) (3) Organization IRS# 68-0044205

Thank you to our
Platinum Pancake
Presenting Sponsors



Thank you to our
Golden Griddle
Sponsors

Brookdale Danville
Carlton Senior Living
Choice in Aging
Clear Captions
CCC Aging and Adult
Services & Information
Safe at Home

To buy tickets:

www.mowsos.org or

925-937-8311

Ages 11 and up: \$5

Children 5-10: \$3

Children Under 5: Free

**Also available at door*

Raffle tickets: \$5 ea or 5 for \$20