

# Relax.

She'll be in great hands.

If you're caring for an elderly parent or loved one, it's important to make some time for yourself.

St. Ann's Adult Day Programs let you take care of work or personal needs while knowing your loved one is in good hands.

We provide:

- Skilled medical care and supervision
- Socialization and group activities
- Hot meals
- Exercise and entertainment
- Personal care and hygiene

It's peace of mind for you and a safe, caring place for your loved one.



*Caring for the Most Important People on Earth*

**New Program at Durand Senior Apartments!**

4250 Culver Road, near Seabreeze

Open to eligible seniors from across the community

Reserve a space for your loved one today. Call (585) 687-6381.