



Serving
Central
California



RESIDENT EDUCATION PROGRAM



tel: 559.243.9990

toll free: 1.800.854.8958

fax: 1.800.670.0196

info@healthcal.com

www.healthcal.com

At HealthCare California, we proudly support both your staff in service needs and ongoing resident enrichment by providing educational opportunities reflecting the industry's best practices.

toll free: 1.800.854.8958



Caring
for
loved
ones

Body mechanics, including

- safety with transfers and lifting

Assistive devices and **safe ambulation**

- helping residents choose and use the right assistive device

Fall prevention, including

- better balance through exercise
- awareness of safety measures in making the house a home

Key training for prevention and management of:

- Diabetes
- Congestive Heart Failure (CHF)
- Chronic Obstructive Pulmonary Disorder (COPD)
- Myocardial Infarction (MI)

For further information on eligibility and/or services, please contact your local

HealthCare California
representative today

CENTRAL CALIFORNIA'S PREMIER
HOME HEALTH AGENCY