

CARIBOO QUARTERLY



Get Ready for the Holiday Season!

Cariboo Home and Health Services can help you with many of your holiday needs including:

- cleaning
- shopping & errands
- assisted transport



Less of This



More of This

Contact us for a quote 250.649.8783



Did You Know?

Prince George Council of Seniors (PGCOS) offers free information ranging from housing, transportation, legal issues, abuse, neglect, and pensions.

Please contact 250.564.9100

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What Your Body May Be Telling You

WRITTEN BY WENDIE HOLBROOK, OWNER OF VIRTUALLY YOURS



Feeling short of breath? Unusual anxiety or emotional stress? Nausea or vomiting? Pay attention to what your body may be telling you.

I think most of us have assumed or been told what the signs of a heart attack are. We often associate the symptoms of a heart attack with a tight squeezing in the chest, and pain in the left arm. At least that is what I always had understood the signs to be. But medical experts have revealed that a heart attack, especially in women, does not always follow the “classic signs” of what a heart attack may look like.

It's time that we got to know our bodies more!

Continue reading here...

[Read other recent blogs here...](#)

Free Active Fit for Seniors (55+)

LOCATION: Blackburn Community Centre

DAYS: Every Thursday from October 4 to December 6

TIME: 11:00am to 12:00pm

REGISTRATION AND INFORMATION:

Call 250-963-3292

Active Living Guide

The City of Prince George publishes an Active living Guide with all sorts of activities for every age group. You can access this Active Living Guide online by clicking anywhere in this section.

Cariboo Home Health Services offers in-home companionship to seniors giving you peace of mind knowing your loved one is not lonely

We Are Hiring:

We are hiring Experienced Caregivers and Cleaning Staff. If you have cleaning experience or as a caregiver, your own vehicle, access to a printer and a recent criminal background check (including vulnerable sector) please send your resume to:

cariboohomehealth@gmail.com

