



# CAREGIVER COOKING MADE EASY

## ONE-POT MEALS TO SHARE

Caregivers often need to cook for the person they care for, their families and themselves. Learn how to make efficient one-pot meals that are easy to share and transport and taste delicious. Enjoy samples and take home recipes.

**DATE:** Thursday, March 15, 6 to 8 p.m.

**LOCATION:** Henry Ford  
West Bloomfield Hospital  
Demonstration Kitchen  
(just off the Main Lobby)

**COST:** \$15.

**REGISTER:** <http://bit.ly/2rLXuoi>

## FREE RESPITE CARE IS AVAILABLE BY REQUEST.

Please call 313-874-4838 by Friday, March 9, to request respite care.



Follow us on Facebook to find out about upcoming C.A.R.E. Program events at Henry Ford. In Facebook Groups, search for Henry Ford Health System Family Caregivers. Or, send us an email at: [CaregiverResources@hfhs.org](mailto:CaregiverResources@hfhs.org), and we'll add you to the group.

## Henry Ford C.A.R.E. Program

**Call:** 313-874-4838

**Email:** [CaregiverResources@hfhs.org](mailto:CaregiverResources@hfhs.org)

**Web:** [www.henryford.com/familycaregivers](http://www.henryford.com/familycaregivers)



**HENRY FORD WEST BLOOMFIELD HOSPITAL**

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