

**Join us for  
Senior and  
Disability Survival  
School at Aquatic  
Park!  
Learn more about  
community  
resources, your  
rights and  
advocacy!!**



**Fridays September 29<sup>th</sup>, October 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>  
1:00-4:00 PM**

**San Francisco Senior Center-at Aquatic Park  
890 Beach Street, Room 11**

**Through presentations and interactive activities, over the course of four weeks, we will cover information about benefits, housing, transportation, healthcare, and many other important issues and community resources.**

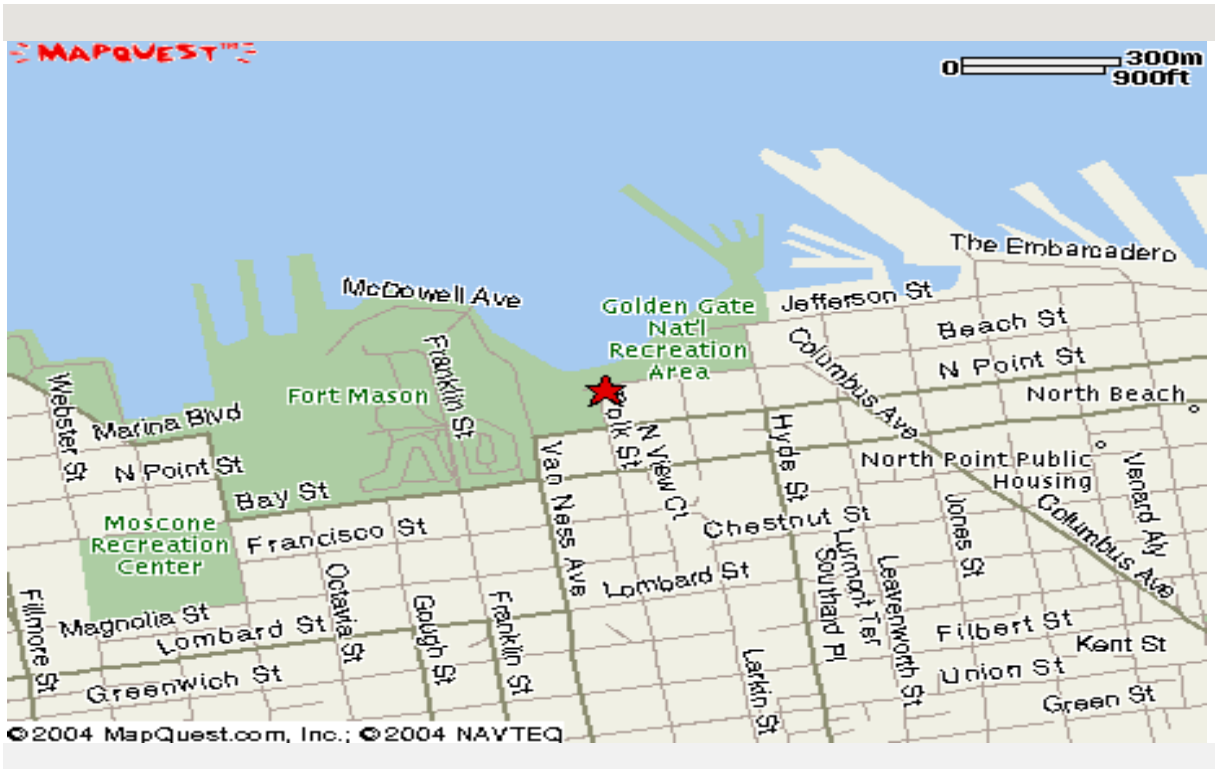
To register, call Alyse Ceirante at 415.546.1333 x306 or Frank Mitchell at 415.923.4485 or [fmitchell@ncphs.org](mailto:fmitchell@ncphs.org)

Classes are free of cost, and healthy snacks will be served. The site is wheelchair accessible. To request accommodations for a disability please contact Sarah Jarmon at least 72 hours before the class to help ensure availability.

To allow all to participate, please refrain from wearing perfume and other scents.

Senior and Disability Survival School is a program of Senior and Disability Action.

**This session of Senior and Disability Survival School is co-sponsored by the San Francisco Senior Center. Classes will be held at the Aquatic Park location at 890 Beach Street.**



Getting there:

Accessible by MUNI #19 to the door

The #10, #30, #47 are accessible within 3 blocks

Senior and Disability Survival School is a program of Senior and Disability Action. Our work is to bring useful & accessible information to seniors and people with disabilities throughout San Francisco. Participants learn about effectively accessing healthcare, housing, and transportation services and benefits, and about exercising their rights when they do. If you would like more information about Senior and Disability Survival School, please call Sarah at 415 546. 1333 x 307. SDA is a union shop!

