

A Safe Space to Talk: Sharing Your Concerns

**Thursday, July 7, 2022
11 am to Noon**

**Pleasant Hill Senior
Center
233 Gregory Lane
Pleasant Hill, CA 94523**

Register online at

**[https://secure.rec1.com/CA/
pleasant_hill_rec/catalog?
filter=c2VhcmNoPTlwOTM2
NDY=](https://secure.rec1.com/CA/pleasant_hill_rec/catalog?filter=c2VhcmNoPTlwOTM2NDY=)**

**or by calling the Senior
Center at (925) 798-8788**

**This in-person
workshop, hosted
by the City of
Pleasant Hill
Commission on
Aging, in
partnership with
the Pleasant Hill
Recreation & Park
District, offers a
safe discussion
forum to talk with
other community
members about
challenges,
concerns, and
experiences.**



CITY OF PLEASANT HILL