

# City of Vacaville

Public Information Office  
650 Merchant Street  
Vacaville, CA 95688  
Phone: (707) 449-5371  
Online at: [www.cityofvacaville.com](http://www.cityofvacaville.com)



## **FOR IMMEDIATE RELEASE**

**Tuesday, July 17, 2007**

**Contact: Audrey Calder, Recreation Coordinator  
469-6673**

## **WORKSHOPS WILL KEEP YOUR MIND FRESH AND YOUR HOME SAFE**

If you're an adult concerned about memory lapses, you're not alone. The City of Vacaville's Community Services is offering a class on "Maximizing Your Memory" at the McBride Center.

The class meets every Wednesday from 6:30 to 7:30 p.m. Invite a friend or family member and come prepared for an informative, fun, and interactive workshop.

As we age, our reflexes slow down and we're more likely to slip, trip or fall. To help deal with this, a member of the Vacaville Fire Department will make a presentation on home safety tips. Scheduled for Tuesday, Sept. 25 from 9:30 – 10:30 a.m., the presentation will take place at the McBride Senior Center, 91 Town Square Place, in Vacaville and is open to the public. The presentation will offer some important tips and guidelines to help prevent an injury or fire in your home.

For more information on either workshop, please call 449-6660 or 6673.