



HERMOSA FIVE-O CLASS PROPOSAL

City of Hermosa Beach ~ Community Resources Department

710 Pier Avenue, Hermosa Beach, CA 90254

(310) 318-0280 // Fax: (310) 372-4333

Class proposals are presented and voted on at the Advisory Meetings held the first Tuesday of each month at 10:00am in the Hermosa Five-O Senior Activity Center, 710 Pier Avenue. The applicant must attend an Advisory Meeting to give a 3 minute overview of their class proposal. If approved, the first class must be free and a class evaluation must be completed by each participant. Based on the evaluations, classes can then continue with a maximum class fee of \$5 per each hour per person. Classes offered must be "drop-in" where students pay the instructor the day of each class with no pre-registration required. Approved Instructors are charged a \$5 per hour room rental fee if they decide to charge for a class. If an instructor offers classes free of charge, they are not charged the room rental fee.

Name: Michele Barlow Date: 2.18.2016



Proposed Class Title: Caregiver Support Group

Preferred Day(s) of Week: negotiable Start and End Time: negotiable

Proposed Class Fee: free

Class Description: offer supportive environment to those who are professional and family caregivers. Safe, confident, encouraging group network for balance of those caring for others in our community.

Proposed Location (Kitchen/Fitness Room or Living Room): Living Room

Background/Experience: 15 years family, professional & volunteer healthcare worker for both persons of all ages.

