

# *Could you use an extra hand?*

*From time to time we all need some extra assistance due to illness, injury, busy schedules or changing abilities. Our personal assistance services can be customized to fit your needs.*



## *Services include:*

- ◆ Cleaning/Housekeeping
- ◆ Meal Planning/Preparation
- ◆ Personal Care
- ◆ Transportation
- ◆ Shopping
- ◆ Scheduling Appointments
- ◆ Companionship
- ◆ Concierge Services
- ◆ Respite for Caregivers

Our Personal Service Assistants are dependable, experienced and knowledgeable. They are certified in First Aid and CPR and undergo abuse registry and criminal background checks.

Call today for more information and to learn about our affordable rates.

Valencia/Bernalillo County 565-1614; Socorro County 838-0515;

Cibola County 287-5118

*Providing high quality services since 1983*