



Do you or a loved one need help with day to day chores like housekeeping or laundry? How about making light meals or grocery shopping? I can come to your home on weekdays and help you with your needs. Over 25 years experience working with seniors and the physically challenged. Reasonable hourly rates. **Richmond area only.** Not a personal care aid. For more information please call :

HELEN or ANDREA at

**(604)274-4646 or 778-840-9993**

