Peace of Mind!

We reduce stress and bring JOY to seniors and their families by providing a neighborly helping hand.

You can take confidence in our rigorous background screening and comprehensive insurance.





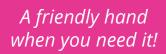
For more information call: **301.960.5500**

or visit: www.naborforce.com

naborferce

On-demand help for independent older adults

"Backup Sons and Daughters"



naborforce

• An extra set of hands!

- · Help around the house
- Preparing a meal
- Organizing and decorating
- Help with smartphone, tablet or computer



- Medical appointments and we can wait with you
- Trips to the salon
- Community and social events
- Meetups with friends and family

Nabors helping older neighb<u>ors!</u>

Our "Nabors" are compassionate community members vetted and ready to lend a helping hand!

1 Hour Minimum

Never <u>a contract!</u>

We are <u>"Inspir</u>ed by JOY!"



- A new friend!
- Engaged conversation
- Puzzles, games and crafts
- Walks and exercise
- Social outings
- Sharing a hobby or project