

# Caregiving group meets in S. Tahoe

Caregiving is a difficult and often challenging role that one can undertake, and taking the opportunity to share information and feel connected to others who are providing care is a vital step to perform this task to the best of your ability.

Take the opportunity on Jan. 13 from 5:30 to 7:30pm at the South Lake Tahoe Senior Center, 3050 Highway 50, South Lake Tahoe to become connected and rejuvenated at your local support group.

Refreshments will be served.

Free respite care is available to qualified caregivers. Pre-authorization is required for respite services. Questions? Contact the Family Caregiver Support Program at (530) 621.6151.