

# Caregiving support class

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 May 12 from 5:30-7:30pm, South Lake Tahoe Senior Center, 3050 Highway 50, South Lake Tahoe, to become connected and rejuvenated at a local support group.

Refreshments will be served. Free respite care is available to qualified caregivers.

Pre-authorization is required for respite services.

Call (530) 621.6151 for more information.