

Learn care giving skills from Elder Options

Introduction to Care Giving Skills is a class being offered by Elder Options.

It is designed to help people understand the issues around getting older, how to be safe, physically active, maintain good health and dietary habits as well as recognize the independent spirit within or with others you're working with. It is geared toward the older individual, adults who are helping to provide the care, and individuals wanting to learn more about the growing field of older adults.

The first class will be at Cameron Park CSD, 2502 Cameron Park Drive, Cameron Park on Jan. 21 from 5:30-9pm.

Cost is \$35.

Register by calling (530) 350.4655. Class is limited to 20 participants.

For more information, call (530) 626.6939 or (916) 391.8083.