

Class to focus on dealing with loss

Rebecca Phillipsen with Barton Home Health and Hospice will talk about how to deal with feelings of loss and understanding grief on May 12 from 1-3pm.

People will be taught how to recognize and heal feelings that may be related to grief. This class is designed for people age 60 or older or caregivers who are or are planning to care for a family member or friend age 60 or older.

Classes and materials are free.

To register, call El Dorado County Family Caregiver Support Program at 530.621.6151.

The class is at Lake Tahoe Resort Hotel in South Lake Tahoe.