

Series of classes for caregivers in SLT

There will be a six-week series of classes in South Lake Tahoe designed to provide instruction and support for caregivers who are or are planning to care for a family member or friend age 60 or older.

All classes and materials are free, though donations are accepted.

Classes will be from 1-3pm at Lake Tahoe Resort Hotel.

Oct. 20: Disaster Preparedness Planning for Family Caregivers taught by Michelle Patterson and Leona Allen.

Oct. 27: Coping with Grief and Loss taught by Rebecca Phillipsen.

Nov. 3: Techniques for Maintaining Healthy Skin with Karen Wilson and Sebastian Combes.

Nov. 10: The Basics: Memory Loss, Dementia and Alzheimer's Disease with Jacob Harmon.

Nov. 17: Senior Legal Services info from Diana Steele.

Nov. 24: The Basics and Beyond of Medi-Cal and Medicare with representatives from HHSA and HICAP.

To register, call 530.621.6369.