

EDC offering free caregiving classes

The El Dorado County Health and Human Services Agency, Family Caregiver Support Program is presenting a free Aging & Caregiver Mini Series on the West Slope.

The educational, three-part series will be on July 24, July 31 and August 7 from 2:30-4pm at the Greenwood Community Center located at 4401 Highway 193 in Greenwood. The series will provide instruction and support for people who care for or plan to care for a family member or friend aged 60 or older.

Series topics include: Effective Communication Strategies, Advanced Health Care Directive vs. POLST, and Grief, Palliative Care and Hospice.

Participants may attend one or all of the classes. The classes are free, although donations are accepted.

Call 530.621.6192 to register or for questions.