

Caregiver Support Group

Midvale Senior Center



Join your fellow caregivers for an hour of relief and support. Share resources, ideas, and more. Relax together away from your daily tasks.

- **The 1st Tuesday of each month from 9:00 to 10:00 am**
- **Midvale Senior Center, 7550 S Main St, Midvale (Room 1)**

A reservation is required to attend. Caregivers are not able to bring the person they care for with them to this group. Thank you for understanding.

Contact **Kathy** at **385-468-3281** or register online at monami.io/calendars/salt-lake-county-aging-adult-services



Salt Lake County Aging & Adult Services

2001 S State Street SI-600, Salt Lake City, Utah 84190

385-468-3280 | TTY 7-1-1 | slco.org/caregiver | #slcoaging | @slcoaging