

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
ksnelson@saltlakecounty.gov to sign up



Salt Lake County Aging & Adult Services

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385-468-3280 | TTY 7-1-1 | saltlakecounty.gov/caregiver | @slcoaging