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## **Caring for You, Caring for Me**

Date and Time

Weekly on Tuesday at 4:00pm for 5 times

Event URL

[Center for Excellence in Aging and Lifelong Health](#)

Event Region

Peninsula

Event Type

Class

RSVP Info

Christine Jensen, PhD (757) 220-4751; [cjensen@excellenceinaging.org](mailto:cjensen@excellenceinaging.org)

Event Cost

\$45.00

Event Description

Caregiving Education Sessions; 5 weekly seminars designed to address needs of those engaged in elder care, specifically family, professional and volunteer caregivers of older adults. 5 sessions, meeting once per week for 2 hours 15 minutes. Refreshments and materials are included in the cost.