

Published on *SeniorNavigator* (<https://seniornavigator.org>)

Caring for You, Caring for Me; Alexandria

Date and Time

Weekly on Thursday at 1:30pm for 5 times

Event URL

[Caring for You, Caring for Me, Online Registration](#)

Event Region

Northern Virginia

Event Type

Class

RSVP Info

703-324-7210 TTY 711 or

<https://www.fairfaxcounty.gov/hrcode/EReg/Registration.aspx?groupID=64>

Event Cost

\$0.00

Event Description

"Caring for You, Caring for Me" is a blend of interactive support and education for caregivers of older adults. This free program focuses on advocacy and care for both the care giver and care recipient. This free 5-week session meets for 2 hours weekly, and focuses on a different module each session. For more information contact Lauren Elcesser at 703-324-7210 TTY 711. Sessions are every Thursday 1:30 - 3:30 pm from October 11 - November 8, 2018.