

CAREGIVER SUPPORT AND EDUCATION GROUPS

SPONSORED BY COUNCIL ON AGING ST. TAMMANY



COUNCIL ON AGING ST. TAMMANY

ALL SESSIONS ARE FREE

EDUCATION SUPPORT FELLOWSHIP

Attendees do not need to be caregivers

There are “virtual” choices on how you can join us:

1) Dialing on any phone: 1-929-436-2866

When asked, the Meeting ID is 980 6739 5749# (after the numbers, hit the # key)

or

2) On your computer: <https://zoom.us/j/98067395749>

Note on the computer option: You can listen with computer audio or choose to call in by phone.

or

3) Download the Zoom App and enter meeting ID: 980 6739 5749

2023	
Please note the different locations/virtual. Dates are Tuesdays unless stated otherwise.	
<i>January 3rd, 6pm (in-person)</i> <i>@ Slidell Sr. Activity Center</i>	<i>February 7th, 6pm (in-person)</i> <i>@ Slidell Sr. Activity Center</i>
<i>January 10th, 6pm Virtual</i>	<i>February 16th, 6pm Virtual (Thursday)</i>
<i>January 17th, 6pm (in-person)</i> <i>@ Covington Sr. Activity Center</i>	<i>February 21st, 6pm (in-person)</i> <i>@ Covington Sr. Activity Center</i>
<i>January 24th, 6pm Virtual</i>	<i>February 28th, 6pm Virtual</i>
<i>January 31st, 6pm Virtual</i>	

Celebrating 7 years and over 330 weekly Sessions since in April 2015

Thank you for your participation and support!

Groups are facilitated by **Matt Estrade, MA, MBA Gerontologist**

Visit http://eepurl.com/gTGG_b

or scan the QR code with a smartphone to join the reminder list:



Physical addresses for In-Person dates:

Slidell Sr. Activity Center, 610 Cousin St., Slidell, LA 70458

Covington Sr. Activity Center, 19404 N. 10th Ave., Covington, LA 70433