

# The Caregiver Breakfast Bunch



Set your alarm for some caregiver time! Participating caregivers are encouraged to laugh, share ideas, learn resources, and just relax from their many responsibilities. Simple continental breakfast items provided.

- **The first Tuesday of Each Month from 8:30 to 9:30 am**
- **Midvale Senior Center, 7550 S Main St, Midvale (Room #1)**

Participants must be caring for another individual to attend. Caregivers are not able to bring the person they care for with them to this group. Thank you for your understanding. A reservation is required to attend.

Call [Kathy](#) at **385.468.3281** to RSVP



**Salt Lake County Aging & Adult Services**

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385.468.3280 | TTY 7-1-1 | [slco.org/caregiver](http://slco.org/caregiver) | #slcoaging | @slcoaging