

November is National Family Caregivers Month!

Frederick County Senior Services Division will be offering a variety of programs to help support and celebrate caregivers:

Improv for Wellness

**4 Consecutive Weeks - Tuesdays,
November 9—30 1:30pm—2:30pm**

**Caregiver Support Group
Wednesday, November 24
1:30pm—2:30pm**

**Powerful Tools for Caregivers
6 Consecutive Weeks
Tuesdays,
November 9 - December 14
9am – 11am**

**Medicare Open Enrollment
Appointments available
through
December 7**

**Caregiving Through the
Holidays
Monday, November 22
10am—11am**



Call 301-600-6001 or email
caregiversupport@FrederickCountyMD.gov
to register for an upcoming program.

FREDERICK COUNTY
**Senior
Services**
DIVISION