



SANDWICH GENERATION SUPPORT GROUP



FEELING OVERWHELMED? NEED SUPPORT OR SOME TIPS ON HOW TO FIND BALANCE IN YOUR LIFE?

Do you ever feel like you're "sandwiched" between caring for your older adult family members and the younger people in your care? The Sandwich Generation Support Group meets every second Wednesday of the month at 6 pm starting October 13, 2021. We are currently meeting virtually but hope to have in-person events next year.

RSVP to Gina Trace at gina.trace@junipercommunities.com or reach out to Jaime Fattler at 814.413.3930 with any questions. We can't wait to see you there!