

Join Aging Services for Free Tips and Support



Aging Services Caregiver Support Group In-Person Meetings

All sessions begin at 3 p.m.

JANUARY TOPIC:
**Letting go of guilt and
unrealistic expectations
in the New Year**

Caregivers can RSVP with Angie
Toledo-Vasquez via phone at
(813)450-8956 or via email at
ToledoA@HCFL.Gov.

Join the Aging Services
Support Groups for free.

Thursday, Jan. 1

Holiday, no support
group will be held.

Thursday, Jan. 8

Plant City
Adult Day Care Center
1205 S. Waller St.,
Plant City, FL 33566

Thursday, Jan. 15

Wimauma
Senior Center
16621 Lagoon Shore Blvd.,
Wimauma, FL 33598



Hillsborough
County Florida
Aging Services

HCFL.gov/Aging

