



GOVERNMENT OF GUAM

DEPARTMENT OF PUBLIC HEALTH AND SOCIAL SERVICES  
*DIPATTAMENTON SALUT PUPBLEKO YAN SETBISION SUSIAT*



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## **PRESS RELEASE PR26-073**

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### **DPHSS National Family Caregiver Support Program Brings Support Group - Zumba Class to Dededo**

Hagåtña, Guam – The Department of Public Health and Social Services (DPHSS) announces that the upcoming March Support Group - Zumba Class for the National Family Caregiver Support Program will take place from 9 a.m. to 12 p.m. on Saturday, March 21, 2026, at the Macheche Community Center in Dededo.

The National Family Caregiver Support Program (NFCSP) assists registered caregivers who are caring for an elderly person aged 60 and older with Alzheimer's or a neurological disorder, as well as older individuals aged 55 and older who are caring for children not more than 18 years of age or individuals aged 19 to 59 with a disability.

Wellness activities like this Support Group - Zumba Class provide caregivers an opportunity to focus on their own health while connecting with others who share similar experiences.

Participation is limited to caregivers currently enrolled in the National Family Caregiver Support Program. There are limited registration slots still available for this session.

“Our caregivers give so much of themselves every day so that our manámko’ and loved ones can live with dignity and care,” said Theresa C. Arriola, Director of the Department of Public Health and Social Services. “Through activities like this, we want caregivers to know that they are seen, valued, and deserving of moments that support their own health and well-being. Caregivers are the quiet strength behind our families.”

Caregivers who are interested in learning more about the National Family Caregiver Support Program may contact the Division of Senior Citizens at (671) 735-7415/21 or via email at [Biba.SeniorCitizens@dphss.guam.gov](mailto:Biba.SeniorCitizens@dphss.guam.gov) or reach out to the NFCSP at (671) 735-3277 or by email at [cw@NFCSPguam.com](mailto:cw@NFCSPguam.com).

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