

McHarrie Towne

McHarrie Towne Center

2464 Betsy Drive

Baldwinsville, NY 13027

Is Hosting an Institute for Caregivers
Class For Current & Future Family Caregivers
FREE & Open to the Public*

Chair Yoga Take Care of Yourself



90 Minute Yoga Class for Beginners
In a Sturdy Chair/No Floor Work

An I Care/Upstate Oasis Class

Thursday, September 14, 2017 from 4:30-6:00 pm

***Contact Cynthia Stevenson to Register (315) 435-2362 Ext. 4993
cynthiastevenson@ongov.net**



Onondaga County
Office for Aging

Institute for
Caregivers

alzheimer's  association
Central New York Chapter