



**The Nottingham, Community Room**  
1301 Nottingham Road  
Jamesville, NY 13078  
is hosting an Institute for Caregivers  
Class for Current & Future  
Family Caregivers  
FREE & Open to the Public\*

# How We Change As We Age

## What Happens As We Age?

Learn About the Process  
of Aging & How it Affects  
Our Minds & Bodies



**Thursday, November 16 from 6:30-8:00 pm**

**An I Care/Upstate Oasis Class**

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



Onondaga County  
Office for Aging

**I**nstitute  
for  
**Caregivers**

alzheimer's  association  
Central New York Chapter