



Onondaga County
Office for Aging

Fall 2017

alzheimer's  association

Central New York Chapter



FREE CLASSES!
Open to the Public

**For Current & Future
Family Caregivers**



September

Chair Yoga: Take Care of Yourself	9/14 4:30-6pm	McHarrie Town Ctr.
Hospice & Palliative Care	9/19 5:30-7pm	Hearth at Greenpoint
Navigating Life After Caregiving	9/27 5:30-7pm	Hospice CNY Educ. Rm.

October

Brain Fitness: Fact or Fiction	10/03 & 10/10 5:30-7:pm	Manlius Library
Medicare: Overview & 2018 Changes	10/11 5:30-7pm	Cicero Public Library
Older Adult Medicine Safety	10/17 5:30-7 pm	Upstate Oasis Studio
Legal & Financial Issues in Healthcare Planning	10/26 & 11/02 5:30-7pm	UCC Bayberry
Caregiving Like a Man	10/30 5:30-7pm	Natur-Tyme

November

Effective Communication Strategies	11/09 5:30-7pm	Christ Comm. Church
How We Change As We Age	11/16 6:30-8pm	The Nottingham

**Catalog and Registration Form are available on-line at
www.ongov.net/aging/icare.html. You can also receive a catalog and/or
REGISTER by contacting Cynthia at 315-435-2362 ext. 4993 or
email: cstevenson@ongov.net**

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