



Southwest Community Center

401 South Avenue

Syracuse, NY 13204

is Hosting

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

Living Healthy With a Chronic Condition

- 6 Class Series



- Feel Better. Increase Your Energy
- Take Control of Your Life
- Get Connected
- Create Life Balance

Mondays, October 22, 29 & November 5, 12, 19, 26, 2018
from 10:00-12:30 pm

Presenters: Certified Co-Peer Leaders

***Register with Upstate Oasis (315) 464-8668 or (315) 464-4827**

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Onondaga County
Office for Aging

Institute for
Caregivers

alzheimer's  association

Central New York Chapter