



**Frank DeFrancisco Eastwood
Community Center**

401 S. Midler Avenue
Syracuse, NY 13206

Is Hosting
an Institute for Caregivers
Class For Current & Future Caregivers
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

**Tuesdays, September 10, 17, 24 & October 1, 8, 15, 2019
from 9:30 - 12:00 pm**

Presenters: Certified Co-Peer Leaders

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



J. Ryan McMahon, II
County Executive

**Onondaga County
Office for Aging**

Institute for
Caregivers