

# Four Ways to Register

**E-mail** [cstevenson@ongov.net](mailto:cstevenson@ongov.net) with "ICare" in the subject line

**Phone** 435-2362 x140 or x139  
Include information requested on the form below.

**Fax** your registration form to 315-435-3129.

**Mail** the completed registration form to:  
Onondaga County Department of Aging & Youth  
**I Care Registrations**  
421 Montgomery Street  
John H. Mulroy Civic Center - 13th floor  
Syracuse, NY 13202

## Class Listings

### Men CAN Cook! ADVANCED

MENA: 4 Wednesdays, 9/8 - 9/29/10, 10:30 am

### Stress and Depression

STRESS: Tuesday, 9/14/10, 5:30 pm

### All About Social Adult Day Programs

ADULT: Tuesday, 9/21/10, 5:30 pm

### Overcoming Guilt

GUILT: Tuesday, 9/28/10, 2:00 pm

### Powerful Tools for Caregivers

PTC: 6 Mondays, 10/4 - 11/8/10, 11:00 am

### Managing Challenging Behaviors of Dementia I

CHALI: Tuesday, 10/5/10, 2:00 pm

### Men CAN Cook! INTRODUCTORY

MEN: 4 Wednesdays, 10/6 - 10/27/10, 10:30 am

### Managing Challenging Behaviors of Dementia II

CHAL2: Tuesday, 10/12/10, 2:00 pm

### The Impact of Aging

AGING: Thursday, 10/14/10, 5:30 pm

### New To Medicare? Know Your Options!

MEDI: Thursday, 10/21/10, 5:30 pm

### What Happens When You No Longer Can?

CAN: Tuesday, 10/26/10, 5:30 pm

### Nutrition Information for Diabetics

NUTR: Wednesday, 11/3/10, 2:00 pm

### Are Your Medications Managing You?

MEDS: Monday, 11/8/10, 2:00 pm

### Staying Safe At Home

HOME: Tuesday, 11/16/10, 5:30 pm

## ICare Course Registration

Name \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Date of Registration \_\_\_\_\_

Please indicate the class or classes for which you would like to register:

*If you are registering for Powerful Tools for Caregivers (PTC), please include your check or money order for \$30.00 (to cover the cost of course materials) payable to Onondaga County Elders.*

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