

# **Tompkins County Office for the Aging**

Is pleased to offer its

## **Caregiver Support Group**

**EVERY Thursday @ 6:30P.M. @ Lifelong**



**In addition, the first meeting of each month will feature a presentation by a local expert on a topic supportive of the important work that caregivers do.**

**Please join me in encouraging caregivers of the elderly to join this group in order to take care of themselves. After all, in order for them to care for the older adults in our community, we must do our part in caring for them. If you are interested in the group or if you know someone who may be appropriate for it, please contact me, Robert Levine, at the Office for the Aging at (607) 274-5482 or at [Rlevine1@binghamton.edu](mailto:Rlevine1@binghamton.edu). I look forward to hearing from you.**