

# “A TIME FOR YOU” CAREGIVER CELEBRATION!!

Co-sponsored by the Tompkins County Office for the Aging & the Cancer Resource Center of the Finger Lakes

**When:** Saturday, June 9<sup>th</sup>, 2018 from 1-4:00pm

**Where:** Tompkins County Office for the Aging

214 W. Martin Luther King Jr./State St. - Ithaca, NY

**What:** Music, poetry, chair massages, mindfulness/yoga and other wellness topics and activities, and info tables! Light refreshments will be served.



Come join us for a celebration of all Caregivers—  
family members, friends, and all loved ones!



Respite care may be available for your loved one while you attend this event! Please call Caryn Bullis at the Tompkins County Office for the Aging at 607-274-5450, or e-mail [cbullis@tompkins-co.org](mailto:cbullis@tompkins-co.org) for more information.

