

7th Annual Wellness Retreat



11 a.m. to 3 p.m.
Tuesday, June 19
Frost Valley YMCA
2000 Frost Valley Road
Claryville, NY 12725

A relaxing day with separate activities for caregivers and their care receivers. Activities include crafts, gentle exercise, music and more.



For Orange and Sullivan County residents

Buses available from Wurtsboro, Monticello and Liberty

Lunch included

RSVP required



To RSVP, visit sullivancece.org, email sullivan@cornell.edu or call 845.292.6180. This program is supported in part by a grant from the New York State Department of Health.