

## PRESS RELEASE

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### Spots Still Open: 7<sup>th</sup> Annual Caregiver Wellness Retreat

CLARYVILLE, NY— Informal family caregivers and their care receivers with early to mid-stage Alzheimer's disease or other dementia-related illnesses are invited to the 7<sup>th</sup> Annual Caregiver Wellness Retreat Tuesday, June 19, 2018 from 11:00 am to 3:00 pm.

Cornell Cooperative Extension Sullivan County's Caregiver Resource Center has collaborated with Alzheimer's Association Hudson Valley NY Chapter and other partners to offer this FREE event to residents of Sullivan and Orange Counties. The retreat is hosted each year by Frost Valley YMCA, located on 2000 Frost Valley Road in Claryville.

Participants can enjoy a relaxing day with stress reduction activities including massage, crafts, music, gentle exercise, and exploring the historic Forstman Castle on site. A FREE picnic lunch is included.

Bus transportation to the event is available from Liberty, Monticello, and Wurtsboro.

This event is free. Registration is required in advance by visiting [www.sullivancee.org](http://www.sullivancee.org), emailing [sullivan@cornell.edu](mailto:sullivan@cornell.edu), or calling CCEESC at 845-292-6180. In the event of special needs, the public should contact the CCEESC office.

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