



ALZHEIMER'S ASSOCIATION®

Cornell Cooperative Extension | Sullivan County

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Caregiver Cafe' July-Dec 2025



July 7

Sept 15

Oct 6

Nov 3

Dec 1



**1st Monday of
each month
10 am-11 am**

Registration Required:

Use the QR code below or go to
<https://tinyurl.com/5n6mtpy4>

Take a break while you:

- Learn about tips for self-care
- Share caregiving strategies
- Connect with others
- Enjoy a light snack on us!



The Caregiver Resource Center is a co-partnered program between Cornell Cooperative Extension and Office for the Aging of Sullivan County and is supported by grants from the NYS Office for the Aging's Caregiver Program and the Alzheimer's Association.

Cornell Cooperative Extension Sullivan County is an equal opportunity educator, provider and employer.