TOWN OF NORTH HEMPSTEAD
SUPERVISOR JUDI BOSWORTH, THE TOWN BOARD AND
THE DEPARTMENT OF SERVICES FOR THE AGING PRESENT:

Caregiver Support Group

Learn new ways of coping with demands of care giving. Gain a better understanding of your relationship with your loved one (over age 60).

Learn to recognize the importance of meeting your own needs.
Explore community resources.

If you are age 60 or older and a resident of the Town of North Hempstead, you can take advantage of this group.

Facilitated by:
Gail Selis, Gerontologist (JASA/Project Independence)

Group meets the 1st and 3rd Tuesday of every month.
2 p.m. to 3 p.m.

Location:
Port Washington Senior Center
(80 Manorhaven Blvd, Port Washington)

REGISTRATION REQUIRED

Call 311 or 516-869-6311 to register or for more information.

TUNE IN TO PROJECT INDEPENDENCE AND YOU -- ON WCWP – 88.1 FM RADIO or WCWP.org – EVERY FRIDAY BETWEEN 10 AM AND NOON…for great information, entertaining guests, and more!

CALL 311 OR (516) 869-6311
NORTHHEMPSTEADNY.GOV

Town of North Hempstead
Project Independence