

**CORTLAND COUNTY
AREA AGENCY ON AGING
CAREGIVERS SUPPORT GROUP**

Every 4th Thursday of the month from 3-4 pm



**AT THE GUTHRIE CORTLAND MEDICAL
CENTER IN THE BASEMENT,
CONFERENCE ROOM B**

OR,

**IF YOU CAN'T MAKE THIS, ASK ABOUT
OUR ONLINE SUPPORT GROUP!!**

**FOR MORE INFORMATION CALL
THE CAREGIVERS' RESOURCE CENTER
AT 753-5060
WALK-INS WELCOME!**

*Selfless Love... What we do for ourselves dies with us. What we do for others
and the world remains Immortal. -Albert Pine*



The Cortland County Area Agency on Aging is sponsored by the Cortland County Legislature in conjunction with the New York State Office of the Aging under the Title III of The Older Americans Act of 2016, as amended.