

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

**EVERY 4<sup>TH</sup> THURSDAY OF THE  
MONTH (NOVEMBER WILL BE THE  
5TH THURSDAY)  
FROM 3-4 PM**



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

**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.