



## Quality of Life and Self Care

Free education and training program for caregivers of people with Alzheimer's disease and other dementias.

**June 12, 2019**

1:00 p.m. - 2:30 p.m.

Elderwood Uihlein at Lake Placid

Kate Smith Auditorium

185 Old Military Rd

Lake Placid, NY 12946

[wehelpcaregivers.com](http://wehelpcaregivers.com)

The Caregiver Support Initiative  
SUNY Plattsburgh

Call Valarie Drown for more  
information. (518)564-3364

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