

dare to care for yourself!

Join us for this free opportunity to meet with other parents.
We will learn strategies to care for ourselves as we are so busy
taking care of those around us.

When: January 23, 2018

Time: 11 A.M. to 1 P.M.

Where: NRCIL

Lowville

***Pre-registration is required. Please call Cathie at (315) or email
cathiew@nrcil.net to register by January 19.**

****If any accommodations are needed, please request at time of
registration.**

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