







The Adult Day Center of Somerset County and the Somerset County Office on Aging and Disability Services invite you to a day of caring for YOU, the caregiver



CAREGIVER DAY

Saturday, May 11, 2024, 9:00am - 3:00pm

TREAT YOURSELF TO:

- 9:00am  Coffee/Tea & Light Breakfast
- 10:00am  Caregiver Support Group & Care Recipients Activities
- 12:00pm  Catered Lunch
- 1:00pm - 3:00pm  Yoga, Massage & Sea Salt Hand Scrub

Registration requested by May 7, 2024:

P: 908-725-0068

E: SScelfo@adulthoodcenter.org



When registering, please let us know if you will be attending the AM support group, lunch, and/or PM activities

COME FOR ALL OR PART OF THE DAY

In recognition of Older Americans Month, we celebrate our older community and recognize the profound impact that meaningful relationships and social connections have on a person's health and well-being.

Location:

Adult Day Center of Somerset County
872 East Main Street
Bridgewater, NJ 08807



SOMERSET COUNTY
OFFICE ON AGING &
DISABILITY SERVICES

