

**Free**

# Caregiver Nature Walks

**Tuesdays, 11am-Noon:**

**Sept. 12 - Cox Arboretum**

**Oct. 10 - Hills & Dales**

**Nov. 14 - Cox Arboretum**

**Sponsored by Five Rivers MetroParks  
and the Area Agency on Aging  
for respite and support to family caregivers.**

Meet Five Rivers MetroParks & Area Agency on Aging staff  
for a walk in the park followed by a short social time  
to meet with other caregivers and gather  
information on programs and services.

Open to all caregivers and their loved ones.

Registration requested, drop-ins welcome.

**More information at [www.info4seniors.org](http://www.info4seniors.org)**



Area Agency on Aging

**Register to Mary Hairston,  
Caregiver Services Coord.,  
937-341-6944 or  
[mhairston@info4seniors.org](mailto:mhairston@info4seniors.org)**

