

# Caring for a loved one and need a break to rest and recharge?

## The Respite Cafe is here to help!

This free, weekly program offers a safe space and engaging activities for your loved one to enjoy, giving you the opportunity to take a few hours off. Registration is required.

### WHERE:

Double Play Community Center  
6912 Bardo Rd., Lowville, NY 13367

### WHEN:

Every Wednesday from 10 AM- 2 PM

### LEARN MORE/REGISTER:

Karen at 315-376-7001

