



# CAREGIVER RELIEF SESSION

**The Middlesex County Office of Aging & Disabled Services will be hosting our annual Caregiver Relief Session.**

Being the primary support for a loved one who is vulnerable or who has a disability can be a consuming and sometimes overwhelming experience.

**Join us for this free event and share the morning with other caregivers and professionals to discuss common issues, share ideas and learn more about supportive services.**

Breakfast will be served.

**November 2, 2022  
9:00 AM - 12:30 PM  
2085 Lincoln Highway  
Edison, NJ 08817**

*Registration is required*  
For questions about registration call 732-745-3295 or email us at [mcoads.events@co.middlesex.nj.us](mailto:mcoads.events@co.middlesex.nj.us)

**SCAN HERE TO REGISTER:**

