



TOWN OF NORTH HEMPSTEAD  
SUPERVISOR JUDI BOSWORTH, THE TOWN BOARD AND  
THE DEPARTMENT OF SERVICES FOR THE AGING PRESENT:

## Caregiver to a Spouse Support Group via Zoom



*Learn new ways of coping with demands of care giving. Gain a better understanding of your relationship with your loved one (over age 60).*

*Learn to recognize the importance of meeting your own needs.  
Explore community resources.*

If you are age 60 or older and a resident of the Town of North Hempstead, you can take advantage of this group.

Facilitated by:  
Gail Selis, Gerontologist (EAC/Project Independence)

**Zoom Group Meets on Wednesdays from 3 p.m. to 4 p.m.  
(Begins on Wednesday, September 30<sup>th</sup>)**

**If you are interested in participating, please call 311 or  
516-869-6311 to register and receive a Zoom link.**

*TUNE IN TO PROJECT INDEPENDENCE AND YOU -- ON WCWP – 88.1 FM RADIO or WCWP.org – EVERY FRIDAY BETWEEN 10 AM  
AND NOON...for great information, entertaining guests, and more!*

CALL 311 OR (516) 869-6311  
NORTHHEMPSTEADNY.GOV

Town of North Hempstead  
**Project Independence**