



# **Connection Café: Caregiving Around the Clock Tuesday Mornings - 10:00 - 10:30 a.m.**

- November 1** Roles & Responsibilities
- November 8** Stress & Self-Care
- November 15** Health & Nutrition
- November 22** Nurturing Environments for Positive Care
- November 29** Your Caregiving Plan

Sessions are free but registration required.  
Register today at:

<https://go.osu.edu/caregivingaroundtheclock>



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