

# Caregivers

**Are you caring for an older loved one and interested in some extra support? Come to our Caregiver Support Group! Thurston Cares Adult Day Center is offering a FREE support group for Caregivers. Call ahead to register!**

**2nd Tuesday of  
each month**

**Time: 2:00 pm**  
**Refreshments provided**  
**Respite available**

**Thurston Cares Adult Day Center  
306 Franks Ave., Sturgis MI 49091**

**In the Enrichment Center,  
Across the street from  
Thurston Woods Village**

**Call: 269.503.7800  
or stop by today!**

 **Thurston Cares  
Adult Day Center**