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Caregivers' Coffee

Date and Time

Weekly on Wednesday at 10:45am for 2 times

Event URL

<https://www.sentara.com>

Event Region

Charlottesville Area

Event Type

Social event

Event Description

Caregivers' Coffee meets every other Wednesday from 10:45am until 11:45am. Are you a caregiver or companion for someone who is living with a serious illness? Drop in for informal conversation and coffee to take a few minutes for self-care. Come as you are. Contact Suzanne Hilton Smith at 434-654-8407 or email to shsmith4@sentara.com.