





Junior League of Orange County and the  
 Relatives as Parents Program Invites Caregivers to

# RAPP FAMILY SPA DAY

You may attend  
 2 sessions, please designate  
 your choices below:

-  A facial and skin care instruction by Libra Banke.
-  **Massage** - enjoy a relaxing neck and upper back massage.
-  **Yoga** for stress reduction.
-  **Children: Make a gift** for someone special!

*Enjoy  
 early morning  
 refreshments &  
 registration  
 9:30-10:00 AM*

Available throughout the day for all participants:

- Mini-manicure
- Power Walk with Sandra McIntosh

At Cornell Cooperative Extension

Saturday, September 6, 2008 10:00 AM - 2:00 PM

Healthy Cooking Demonstration after which a light lunch will be served

Children 6 and older are invited to join in the activities. **Childcare is available!**

Space is limited to 40 RAPP participants so return your registration forms promptly.

This project is made possible by the Junior League of Orange County.



Cornell University  
 Cooperative Extension  
 Orange County



RAPP FAMILY SPA DAY - RSVP by August 29, 2008

Name \_\_\_\_\_

Day Time Phone \_\_\_\_\_

**Please Circle Two in Each Line**

\_\_\_\_\_  
 Name (adult)

Facial      Massage      Yoga

\_\_\_\_\_  
 Name (adult)

Facial      Massage      Yoga

\_\_\_\_\_  
 Name (child)

Facial      Massage      Yoga      Gift

\_\_\_\_\_  
 Name (child)

Facial      Massage      Yoga      Gift

\_\_\_\_\_  
 I will need child care. Name and ages of children attending: \_\_\_\_\_

Mail to: Cornell Cooperative Extension, Community Campus, 18 Seward Ave., Suite 300, Middletown, NY 10940-1919, Attn: Brenda



**From Route 84:** Exit 3 West onto 17M, at 2nd traffic light make left onto County Route 78 (the former Wiedy's Furniture is on the corner). Stay on County Route 78 through 2 lights to entrance to Community Campus on the right.

\*Make right onto campus at Egerton Ave., left onto Dorothea Dix Drive, then first right onto Ashley Avenue. Follow road until it comes to a "T" - make left onto Seward Avenue. Drive approximately 500 ft. and turn left into parking lot for 18 Seward Ave. (You will see Cornell Cooperative Extension Orange County listed on the sign. Enter through front door; use elevator or stairs to our offices on the third floor.)

**From Route 17W:** Exit 123 onto 17M for 5.7 miles, left onto County Route 78 (the former Wiedy's Furniture is on the corner). Stay on County Route 78 through 2 lights to entrance to Community Campus on the right. \*See above.

**From Route 17E:** Exit 120 to Route 211 West. Go 2.9 miles and turn right onto Monhagen Avenue. Follow directions from Route 211 (see below).

**From Route 211 West:** Turn right at light onto Monhagen Avenue (continuation of Route 211 West). Make 3rd left-hand turn onto Community Campus (Gino's Deli is on the right). Bear right onto Seward Avenue and make immediate right turn into parking lot for 18 Seward Ave. (You will see Cornell Cooperative Extension Orange County listed on the sign. Enter through front door; use elevator or stairs to our offices on the third floor.)

