



## DEMENTIA SUPPORT GROUPS

A valuable step toward handling the challenges of a loved one's dementia is connecting with others in similar situations. Our support groups give you the opportunity to learn from family members who have been in your shoes. In addition to receiving encouragement and hearing personal experiences, you can also learn what to expect and how to best plan for your loved one. A support group can reduce stress and feelings of uncertainty - helping you to keep calm and carry on.

### Dementia Support Group

Thursday,  
May 25, 2017  
at  
6:00 pm

Hope to see you there!!!



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assisted living  
& memory care