



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.

You're Invited Dementia Support Group

January 15, 2018
4-5pm

Meeting will be held at Home Instead
1400 Dahlberg Dr. Suite E.
Lincoln, NE 68512

Topic: "WALKING A MILE IN THEIR SHOES"

*Support Group meets every 2nd Tuesday of the
month at Home Instead!



BICKFORD OF LINCOLN
4451 Old Cheney Road, Lincoln, NE 68516
www.enrichinghappiness.com/lincoln
402-420-6058



Bickford
assisted living
& memory care