

ALZHEIMER'S SUPPORT GROUP
3RD WEDNESDAY OF EACH MONTH

4:30 p.m. to 6:00 p.m.

Sponsored by the Alzheimer's Association

**Rehabilitation Services of Northern California
Mt. Diablo Center for Adult Day Health Care
490 Golf Club Road, Pleasant Hill**



Nov. 18th Holiday Stress

Dec. 16th Open Discussion

Whether you are an old hand at caregiving or just starting out on the caregiving journey, support groups offer an opportunity to learn, share your knowledge, plan for the future, and invariably, to laugh. Please join us.

**Betsy Flathers, Group Facilitator
490 Golf Club Rd, Pleasant Hill, CA 94523
925) 682-6330 x103**