

**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**



**Mar. 16<sup>th</sup>    Avoiding Caregiver Burnout**  
**April 20<sup>th</sup>    Open Discussion**  
**May 18<sup>th</sup>    Open Discussion**

**\*\*\*\*On Wed., April 27<sup>th</sup> will be a 3 class series "Living with Alzheimers"  
Followed by Wed. May 4<sup>th</sup> and May 11<sup>th</sup> - 4 – 6 pm Workbooks provided  
Pre-registration is required to attend. Please call Grace Liu at 925-284-7942  
or email: [gliu@alz.org](mailto:gliu@alz.org) to register**

**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**