

# ALZHEIMER'S SUPPORT GROUP

*3rd Wednesday of Each Month*

**In partnership with the Alzheimer's Association**

**4:30 pm to 6:00 pm**



Mt. Diablo Center for Adult Day Health Care  
490 Golf Club Road, Pleasant Hill

## DATES

**-May 16-** Open Discussion

**-Jun. 20 -** Open Discussion

Whether you're 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**

**[bflathers@choiceinaging.org](mailto:bflathers@choiceinaging.org)**