



## **ALZHEIMER'S SUPPORT GROUP**

### **MT. DIABLO CENTER**

IN PARTNERSHIP WITH THE ALZHEIMER'S ASSOCIATION

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!



### **WHEN**

3rd Wednesday of every month  
3 PM – 4:30 PM



### **WHERE**

490 Golf Club Road  
Pleasant Hill, CA 94523



### **RSVP TO BETSY FLATHERS**

(925) 682-6330 x103  
[bflathers@choiceinaging.org](mailto:bflathers@choiceinaging.org)