

To enhance the lives of individuals with Alzheimer's disease and other dementias

caregiver support group

The Alzheimer's Association's

Caregiver Support Groups

are designed to provide emotional, educational and social support for caregivers through regularly scheduled meetings. They help participants develop methods and skills to solve problems. The groups encourage caregivers to maintain their own personal, physical and emotional health, as well as optimally care for the person with dementia.

Call 1 800 272 3900, or visit us at alz.org

- To attend this support group
- To find a support group in another area
- To learn about other Alzheimer's Association programs and services
- To access our services day or night
- To volunteer your time and energy to achieve a world without Alzheimer's disease

FIELDCREST –Senior Living Community

2nd Thursday of the Month at 4:00 pm

**2501 East 6th Street
Sheldon, IA**

(712) 324-2338 or 24/7 HELPLINE: (800) 272-3900

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS.™