

ALZHEIMER'S SUPPORT GROUP
3RD WEDNESDAY OF EACH MONTH

7:00 p.m. to 8:30 p.m.

Sponsored by the Alzheimer's Association

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

- Mar. 19, 2008** **“Knowing when its time to Place”**
Etta Maitland
Ombudsman Services of Contra Costa
- Apr. 16, 2008** **“How to Handle Repetitive Behavior and
Paranoia” - Carol Bibeau, RN**
UC Davis Alzheimer's Disease Center
- May 21, 2008** **Understanding Memory Loss, Dementia
And Alzheimer's Disease (7pm – 9 pm)**
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.

**Catherine Sanders, Group Facilitator - (925) 682-6330
490 Golf Club Rd, Pleasant Hill, CA 94523**