



# Dementia Support Group

*Are you caring for someone with Alzheimer's or dementia?  
Are you dealing with behavior that is challenging or frustrating?  
Are you feeling depressed, anxious, or stressed?*

Caring for a loved one with Alzheimer's disease or other forms of dementia is a challenging and often overwhelming task. Our support group is for caregivers and family of those suffering from Alzheimer's and memory loss-related disease.

We equip caregivers with strategies to help them understand the disease as well as stress-relief techniques to decrease difficult behaviors and increase quality of life and pleasant time spent together.

**3RD THURSDAY EVERY MONTH STARTING APRIL 21ST • 5:30-7:00 PM • OPAL NEIGHBORHOOD**

Join Cheryl Giangregorio, Opal Manager host, with Crystal Polizzotti from AgeSpan (formerly Elder Services) for an in-person support group with refreshments. All are welcome!

## **THE LINDEN** AT DANVERS

*A Whole Lotta Heart*

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