

CLUB MEMORY® CARE PARTNER SUPPORT GROUP

Are you caring for a family member or friend who is experiencing memory loss? Are you feeling anxious, stressed or overwhelmed?

Join us for a free informal support group.
Light refreshments will be provided.



Every 2nd and 4th Wednesday of the month
from 6:30 to 8 p.m.

Shiloh Baptist Church
Family Life Center
1510 9th Street, N.W., Washington, D.C. 20001

What to expect:

- Care partner support group and Club Memory® for people with memory loss
- A sense of community
- Information and support
- Stress reduction and self care techniques
- Coping skills

Advanced registration required. Call
Sharon Sellers
at 202-660-6957



SIBLEY MEMORIAL
HOSPITAL

JOHNS HOPKINS MEDICINE