

# HEARTS, HUGS & HOPE

## AN ALZHEIMER'S SUPPORT GROUP



*Join us*

the second Monday of  
each month at 11:00AM

Offered in person at  
Ridgefield Station!

**Dealing with Alzheimer's disease and related dementias isn't easy.**

But it is helpful to share your concerns and personal experiences with others who completely understand what you are going through. You will also learn about proven strategies to help you better care for your family member.

Call 203-403-0990 or email [hsalazar@ridgefieldslr.com](mailto:hsalazar@ridgefieldslr.com) for more info.

*Hosted by the Compass Memory Support Neighborhood®  
at Ridgefield Station Senior Living*



55 Old Quarry Road Ridgefield, CT  
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