

# HEARTS, HUGS & HOPE

AN ALZHEIMER'S CAREGIVER SUPPORT GROUP

sponsored by Heights Crossing



*Join us*

the **third Thursday**  
**of every month from 6:00**  
**to 7:00 PM** with occasional  
special guest speakers  
and programs.

**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 for more info and to **RSVP: 508.580.4300**

*Light refreshments will be served.*

Hosted by **The Compass Memory Support Neighborhood®**  
at **Heights Crossing.**