



Alzheimer's and Dementia Caregiver Support Group for Spanish Speakers

AdventHealth Maturing Minds Program

Taking care of a loved one with Alzheimer's disease or dementia can be a rewarding yet challenging endeavor. Our caregiver support group provides emotional support and helpful tips for managing the care of someone who is living with a memory disorder. You'll learn how to navigate the medical system, explore community resources, understand the stages of dementia and reduce your stress and the risk of burnout.

This group for Spanish speakers meets at 1:00 pm on the first Thursday of every month.

When

February 7, 2019	August 1, 2019
March 7, 2019	September 5, 2019
April 4, 2019	October 3, 2019
May 2, 2019	November 7, 2019
June 6, 2019	December 5, 2019
July 4, 2019*	

Where

East Orange Community Center
12050 East Colonial Drive
Orlando, FL 32826

For more information and to join the support group, please call 407-254-9619 or contact the AdventHealth Maturing Minds Program.

** Subject to change*


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