



# Alzheimer's and Dementia Caregiver Support Group

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 meets at 1:00 pm on the third Thursday of every month.**

## When

January 16, 2020	July 16, 2020
February 20, 2020	August 20, 2020
March 19, 2020	September 17, 2020
April 16, 2020	October 15, 2020
May 21, 2020	November 19, 2020
June 18, 2020	December 17, 2020

## Where

Faith Assembly  
Guest Welcome Center  
9307 Curry Ford Road  
Orlando, FL 32825  
(Park in lot 2)

For more information and to join the support group,  
please contact: 407-392-9237 | [orl.mdc@adventhealth.com](mailto:orl.mdc@adventhealth.com)

  
**AdventHealth**

[AdventHealthNeuroInstitute.com](http://AdventHealthNeuroInstitute.com)