

alzheimer's association®

TAKE CHARGE!

Early Memory Loss Program

Monday's: Jan. 27th - March 17th
10am-12pm • Alzheimer's Association

"I was not sure I wanted to come to this class but now I tell others to attend." - Take Charge Participant

"Good instructors, who gave me education about different stages of Alzheimer's and what to expect." - Take Charge Participant

"One of the best parts of the class was helping my family through caregiver support." - Take Charge Participant

Join us for a 7-week educational support program for persons with early stage memory loss and their care partners.

Participants will learn about:

- Understanding Alzheimer's & memory loss
- Daily living strategies & coping skills
- Legal & financial information
- Maintaining social & family relationships
- Community resources
- Partnering with your Physician



Pre-registration is required. Please contact Kelly Anderson, MSW
858-966-3291 or kanderson@alz.org