



## Muskegon Area Caregiver Support Group

**Presented by:**

**Alzheimer's Association**

**Michigan**

Second Tuesday of the month  
10:00 a.m. - 11:00 a.m.

Village at the Oaks  
1740 Village Dr  
Muskegon MI 49442

To register, call Pam:  
231.672.2710

Visit [alz.org/gmc/helping\\_you](http://alz.org/gmc/helping_you) to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at [alzconnected.org](http://alzconnected.org).

### Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.