



*Together,  
We Become  
Stronger*

## Caregiver Support Groups

*For caregivers of persons with Alzheimer's disease or related dementia, who are either living at home or have been placed outside the home.*

### **Two Meetings Each Month**

**1st Thursday** at noon

AND

**3rd Monday** at noon

*(Light lunch is provided.)*

**ActivCare at 4S Ranch**

10603 Rancho Bernardo Road

San Diego, CA 92127

Participation is free.

**Join us! Everyone is welcome.**

*Sponsored by ActivCare at 4S Ranch, Kindred Hospice, and Seasons Hospice.*

