

## Early Stage Alzheimer's Support Group in Sacramento

**This support group is for those with early stage Alzheimer's or another memory disorder. A separate, concurrent group is available for care partners.**

Compassionate, professional facilitators experienced with Alzheimer's and dementia issues facilitate both groups.

### **How you will benefit:**

You will attend a group with others experiencing similar situations where you will learn how to deal with challenges, while also learning and sharing new coping techniques.

**For more information, please contact the Alzheimer's Association at 800.272.3900 or email Alexandra Weisgerber at [aweisgerber@alz.org](mailto:aweisgerber@alz.org).**

Pre-registration is required.



*The Alzheimer's Association welcomes and is supportive of all persons regardless of age, race, gender, class, ethnicity, sexual orientation, language, physical ability, or religion.*

### **Our mission**

To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.