



## 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 and learn how to deal with challenges while also learning and sharing coping techniques.

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.



- > **Pre-registration is required.**
- > **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).**