



Independent , Assisted & Memory Care

Reducing Stress During the Holiday's



*Join us for
Alzheimer's Education
Caregivers Support
Group*

Clover Ridge Library
Monday, Nov. 19th
5:30 – 6:30 P.M.

Bellevue Senior Center
Friday, Nov. 30th
10:00 - 11:00 A.M.

Build a support system with people who understand.

This is an Alzheimer's Association caregivers support group. These groups are conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

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

Everyone is welcome, you do not have to live or have a loved one at Clover Ridge Place, this is open to anyone looking for support.

For More Information:

**Contact Sally Davies, Community Relations Coordinator, At 563-652-2125
or welcome@cloverridgeplace.net**

Clover Ridge Place... Where beautiful lives blossom!