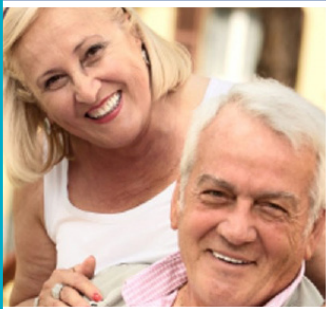


Alzheimer's | SAN DIEGO

EARLY STAGE SUPPORT



*Have you received a diagnosis of
Mild Cognitive Impairment (MCI) or Dementia?*

TakeCharge!

Living Well with Dementia

Take Charge is a specialized 5-week program designed to help you, your friends and family understand what to expect, how to plan for the future and connect with others on the same journey.

**Offered in the Spring, Summer, Fall & Winter*



Join others who understand what you are going through for support, information and education. Two sessions meet at the same time in different rooms; one for those with MCI or dementia and the other for their care partners.

**Offered twice monthly on Fridays.*

"It was wonderful to meet and be around people who are in the same situation. We felt overwhelmed until we started coming to these meetings."

**For more information or to enroll, please contact
Alzheimer's San Diego: 858-492-4400**

These programs are designed for persons with early stage dementia to attend with their care partner(s).