

EARLY STAGE SUPPORT



Are you living with a new diagnosis of Alzheimer's Disease, Dementia or Mild Cognitive Impairment (MCI)?

TakeCharge!

Living Well with Dementia

A five-week education and support series for families learning to live with a new diagnosis. Connect with others on the same journey while learning what to expect, how to plan for the future and ways to cope with changes.

**2018 sessions offered Feb, May, Aug, Oct*



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 2x/month on Monday afternoons*

"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 Alzheimer's and dementia to attend with their care partner(s).