## ALZHEIMER'S R ASSOCIATION



#### Granny on the Move

### Presented by the Alzheimer's Association

Every other week on Tuesdays 1:00PM to 2:00PM (MST)

Contact the Helpline or Staff for more information:

- Helpline: 800.272.3900
- Joanne: 208.206.0041

#### Location:

Grannie on the Move 3587 E Overland Rd Meridian, ID 83642

Visit alzwa.org to learn more about caregiver programs and resources. To further extend your network of support, visit our online community, ALZ connected<sup>®</sup>, at alzconnected.org. Or scan this QR code for information:

# Build a support system with people who understand

Alzheimer's Association<sup>®</sup> support groups, conducted by trained facilitators, are a safe place for care partners to:

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

