

FREE

Public Welcome!

ALZHEIMER'S Caregiver Support Group



AT ST. CATHERINE'S VILLAGE

JOIN US ON WEDNESDAY, MARCH 19TH

**TOPIC: CAREGIVER MINDFULNESS
AND RELAXATION TECHNIQUES**

**Speaker: Lee Parrot, Retired Licensed Clinical Social Worker
and Yoga Instructor**



ALZHEIMER'S/DEMENTIA MONTHLY CAREGIVER SUPPORT GROUP

St. Catherine's Village will be hosting an Alzheimer's/Dementia Caregiver Support Group on the **Third Wednesday of Each Month**,
11:00 am - 12:30 pm at Campbell Cove

Lunch provided



www.StCatherinesVillage.com

Call to RSVP:

(601) 856-0123

or email cynthia.armstrong@fmolhs.org



Mississippi Chapter



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