

Memory Club

Each meeting is one to remember.

Are you or someone you love living with early stage dementia or Mild Cognitive Impairment? Finding it more difficult to complete familiar tasks? Experiencing memory loss that is starting to disrupt daily life? The Memory Club may be for you!

Memory Club is a safe place where you and your loved one can:

- Develop coping skills and daily living strategies
- Gain knowledge from experts in the field of medicine and care
- Learn how to care for yourself and each other

The next 8-week session starts **Thursday, March 9.**

Pre-registration is required.

Contact: David Hart, Ph.D., Always Best Care
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Facilitators: Tara Guden, MSW and
David Hart, PhD



A TRUE VILLAGE OF CARING WITH A SUITE OF SERVICES

