



# Early-Stage Support Group

## Presented by Alzheimer's Association Hudson Valley Chapter

**10-11:30 a.m. the second and fourth  
Wednesdays of every month**

For support group location and details, contact Joan Nimmo at 845.637.3599 or Stacey Rosenbluth at 914.253.6861.

Visit [alz.org/hudsonvalley](http://alz.org/hudsonvalley) for more about caregiver programs and resources. To further extend your support network, visit [alzconnected.org](http://alzconnected.org), our online community.

### Build a support system with people who understand.

Alzheimer's Association® early-stage support groups, conducted by trained facilitators, are a safe place for people living with dementia and their 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.