

# Living Well with Early Memory Loss\*

A four-week , supportive/educational group for people with early memory loss due to Mild Cognitive Impairment (MCI), Alzheimer's or a related dementia, to attend with their partner.

**In this program you will have the opportunity to:**

- ☒ Meet with others in similar situations and learn how they deal with challenges
- ☒ Work with compassionate, professional facilitators with experience in memory loss

**Explore subjects, such as:**

- ☒ Medications
- ☒ Coping techniques for dealing with day-to-day challenges
- ☒ Family and social relationships
- ☒ Building your support network
- ☒ Planning for the future

**Wednesdays, Sept. 11 –  
October 2, 2019  
1:00 – 2:30 p.m.**

**Alzheimer's Orange County**  
2515 McCabe Way, Suite 200  
Irvine, CA 92614

***\*Pre-registration is required***

**To RSVP, please contact Donna Velarde, LCSW  
949.757.3759 or [donna.velarde@alzoc.org](mailto:donna.velarde@alzoc.org)**