



A supportive group seminar series

Early Stage Memory Loss Support Group

Do you or someone you know have difficulty remembering recent events? If so, you may wish to participate in a supportive group series for individuals with early stage memory loss. Family and friends are encouraged to attend. The program is free of charge.

This program intends to serve people who are memory-impaired, their family members, and/or friends. The memory-impaired individual must be aware of their memory loss, must be able to verbally communicate their concerns, and must be interested in attending this program.

There are nine sessions for this group, which include:

- ◆ Medical updates
- ◆ Coping with memory loss
- ◆ Social & family skills
- ◆ Daily living skills
- ◆ Self-esteem
- ◆ Health considerations & special occasions
- ◆ Legal & financial planning
- ◆ Planning for the future

This seminar will be followed by five monthly “graduate group” meetings. Attendance at these sessions is optional.



WESTMINSTER PRESBYTERIAN CHURCH
533 S. Walnut., Springfield

You must pre-register for this program.

To register or to learn more information, please call:

Ann Jirmasek — 217.545.7189

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