Our Early Memory Loss Education & Support Group is for those coping with early-stage memory loss, but who do not have any diagnosis of dementia.

**Join this group to:**

- Share and process your worries about memory loss with people going through something similar
- Learn tips and tricks to keep memory loss or slower recall from getting in the way of your day
- Be part of a group where you know you are not alone
- Ask questions and learn from an experienced facilitator

Early Memory Loss Education & Support Group 4-Week Series! Cost: $40

Mondays 3:00 — 4:00 pm

October 2nd, 9th, 16th & 23rd

In person at Senior Concerns
401 Hodencamp Road, Thousand Oaks

Facilitated By:
Hannah Hoffman, MSW,
Senior Concerns’ Care Manager

For more information and to register contact: Hannah Hoffman, MSW 805.497.0189 or email hhoffman@seniorconcerns.org

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