



1633 West Elm Street, Allentown, PA 18102

Monthly Caregivers Support Group Meetings at Lehigh Valley Active Life

Date: Third Thursday of the Month at 10 AM

Beginning, Thursday, May 16th at 10 AM

(Light refreshments served)

Call 610-437-3700 to register

“There are only four kinds of people in this world. Those who have been caregivers, those who are caregivers, those who will be caregivers, and those who will need caregivers.”

Rosalynn Carter, Former First Lady

ALL CAREGIVERS NEED SUPPORT!

Please join us for Our Caregiver Support Group Meeting - FREE

May Topic: Recognizing the 3 Stages of Caregiver Burnout



If you also plan to have lunch at LVAL after the support group don't forget to register.

Also mark your calendars for June & July meetings on Thursday, June 20th and

Thursday July 18th

Caregiver Support Facilitator: Tynetta Alston, Certified Dementia Practitioner (CDP)

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