

# CAREGIVER SUPPORT GROUPS



**If you are devoting time and energy to taking care of others, are you also taking care of yourself?**

**The best things you can do for the person you are caring for include: staying healthy, learning what resources/ services are available to you, and talking with others in similar situations.**

***Taking care of others...***

***Taking care of yourself.***

**Alzheimer's Caregiver Support Groups:**

***For more information please call the Alzheimer's Association at 585-760-5400 or [www.alz.org](http://www.alz.org)***

**Avon: Meets the third Thursday of each month from 6:00-7:00 pm at the Avon Nursing Home**

**Dansville: Meets the third Thursday of each month from 6:00-7:00 pm at Avon Nursing Home**

**Geneseo: Meets the second Tuesday of each month from 1:00-2:30 pm at the United Methodist Church, Route 63**