Quality of Life Programs
Providing emotional support, education, meaningful engagement, and coping strategies

Four Four Support Group

2nd Tuesday of the month
3:00 pm - 4:30 pm

Monthly support and Educational group for individuals who have learned that they have one or two copies of the e4 allele of the apolipoprotein E gene (ApoE).

Shiley-Marcos Alzheimer’s Disease Research Center (SMADRC) support groups provide participants with a safe, supportive environment to discuss experiences, share knowledge, and exchange strategies to help one another gain insights and cope effectively.

SMADRC Support Groups
• Facilitated by trained professionals
• Access to guest presenters from the scientific community
• Referrals to services and community resources
• No obligation to participate in research
• No cost to participate

Pre-Registration is required. Call (858) 822-4800.
adrc.ucsd.edu