

STRESSED OUT?

Caring for someone with
Alzheimer's disease?

Need Support?



Consider joining a support group

Bilingual (*English/Spanish*) caregivers
age 60 and younger,
focusing on self-preservation
while meeting caregiver challenges.

Co-sponsors:
UCSD and Alzheimer's Association

National City Public Library
1401 National City Blvd.
National City, CA 91950
5:00-6:30PM 4th Tuesday of every month

Co-facilitators:
Psychiatrist and Social Worker

Please call:
Shiley-Marcos Alzheimer's Disease Research Center
(858) 622-5800
Ask for Frances