

# MEMORY C♥NNECTIONS

ENHANCING ALZHEIMER'S/DEMENTIA EDUCATION,  
PREVENTION AND CARE IN FORSYTH COUNTY

## CARE PARTNER SUPPORT GROUPS

Senior Services and Atrium Health Wake Forest Baptist are partnering to offer **10-week Care Partner Support Groups** both in-person and virtually to Forsyth County residents. These groups provide education, connections with other care partners, and encourage self-care. For the groups held in-person, Opening Minds Through Arts (OMA), an intergenerational art program, can be provided for your loved one while you do something important for yourself.



### THE FOLLOWING GROUPS ARE BEING OFFERED IN 2024

#### MEMORY CONNECTIONS WINTER 2024

- Mondays: January 8–March 25
- 1:00–2:30 PM
- Virtual via WebEx—*No OMA available*

#### MEMORY CONNECTIONS SPRING 2024

- Mondays: March 25–June 10
- 10:30 AM–NOON
- Intergenerational Center for Arts and Wellness | 114 W. 30th Street, Winston-Salem, NC 27105
- *OMA available*

#### RSVP Required:

If you or someone you know who resides in Forsyth County are interested in participating in one of these groups, please contact **Senior Services at 336-725-0907** or the **Memory Counseling Program at 336-716-1034**.



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