



Highgate Family & Friends Caregiver Support Group

**You don't have
to go it alone.**

Help ease the stress of care-giving by learning how to care for your loved one while still caring for yourself. It's a chance to learn, share, and maybe even laugh a little. This session will be led by Karin Von Kay, Dementia Friends Champion.

WHEN:
3:00pm
third Tuesday
of each month

Highgate at Flagstaff | 1831 N Jasper Dr, Flagstaff, AZ 86001
Space is limited. Please RSVP by calling or texting Angela at 928-606-9900

