



2019

## SUPPORT GROUP SESSIONS

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**S**upport Group Sessions hosted by COACH at North Carolina A&T State University provide emotional, educational and social support for caregivers. Participants develop methods and skills to solve problems. The group encourages caregivers to maintain their own personal, physical and emotional health, as well as optimally care for persons with dementia. **The Support Group meets every 3rd Monday of the month from 6 – 7:30 p.m.**

For more information contact:  
North Carolina A&T State  
University Center for  
Outreach in Alzheimer's,  
Aging and Community Health  
(336) 285-2165  
[www.coachhealth.org](http://www.coachhealth.org)

FEBRUARY 18

### ***The Month of Love***

Loving your Loved One with Dementia

MARCH 18

### ***National Nutrition Month***

30 Minutes or Less - Nutritious Meals  
for your Loved Ones

APRIL 15

### ***National Stress Awareness Month***

How to recognize and reduce stress

MAY 20

### ***Mother's Day***

Taking Care of You - Spa Day

JUNE 17

### ***National Safety Month***

Reducing Trips, Hazards, and  
Falls in the Home

JULY 15

### ***Personal Challenges as a Caregiver***

My Personal Journey