

Family Resource Program

at New York Memory Center - 199 14th Street, Brooklyn, NY 11215

August 2017

ALZHEIMER'S AFFECTS
THE WHOLE FAMILY.

CARE FOR
YOURSELF TOO.



CARE COACHING • WELLNESS • EDUCATION • SE HABLA ESPAÑOL • NOU PALE KREYÒL



Family Resource Program is a caregiver support service at New York Memory Center. We're here to help family members caring for a loved one with memory loss. Our services are free and open to the community.



THIS PROGRAM IS SUPPORTED BY A GRANT FROM THE NEW YORK STATE DEPARTMENT OF HEALTH.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			Caregiver Support Group 6:30 – 8 pm @NYMC	Caregiver Tai Chi 6 – 7 pm @NYMC		
6	7	8	9	10	11	12
			Caregiver Yoga 6- 7 pm @NYMC			
13	14	15	16	17	18	19
			Caregiver Support Group 6:30 – 8 pm @NYMC			
20	21	22	23	24	25	26
27	28	29	30	31		

Registration is required. Contact Megan Christ, LMSW at mchrist@nymemorycenter.org or 718-499-7701.

Support group meets the 1st and 3rd Wednesday of every month. Tai Chi meets the 1st Thursday of every month. Yoga meets the 2nd Wednesday of every month. Education and Nutrition programs will be included in upcoming months.