

You're invited to join a caregiver support group in your community and talk with others who are experiencing the challenges of Alzheimer's disease firsthand. All groups offer support, education, problem solving and guest speakers.

Specialized groups have a descriptive title. All groups meet monthly and are confidential, free, and open to the public. Please call the chapter office nearest you at 1.800.272.3900 to confirm meeting date and location.

If you need assistance finding someone to stay with your relative while you attend a support group meeting, call 1.800.272.3900 for a directory of Respite and Home Care providers in your area.

Cancellation policy:

If adult education classes have been canceled due to dangerous weather conditions, the support group will be canceled.

**Michigan Great Lakes Chapter
West Shore Region**

1740 Village Drive, Suite 336
Muskegon, MI 49442
231.780.1922

BALDWIN

Temporarily cancelled due to speaker
2nd Tuesday for new group leader
2nd Tuesday, 1:00 – 2:30 pm
Grand Oaks Nursing Center
600 Denmark Street

FREMONT

Last Monday, 7:00 – 8:30 pm
Gerber Hospital
Kimball Lake Room
212 S. Sullivan (use the Emergency Entrance)

HART

2nd Tuesday, 6:30 – 7:30 pm
Oceana County Council on Aging
621 E. Main Street

LUDINGTON

2nd Thursday, 1:00 – 2:30 pm
Mason County District Library
217 E. Ludington Avenue
Zonta Room

MUSKEGON

1st Thursday, 7:00 – 8:30 pm
DeBoer Nursing Home - The Hermitage
(in the Dining Room)
1776 Vulcan

MUSKEGON

1st Wednesday, 10:00 – 11:00 am
Respite care available on site -
Call 231.780.2229
DaySpring Assisted Living
572 Lake Forest Lane

For more information and additional programs, visit www.alz.org/mglc or call our 24/7 Helpline **1.800.272.3900**.