

### **The Alzheimer's Los Angeles Memory Club**

at Huntington Hospital is an educational program designed for people who have been diagnosed with early-stage dementia and their care partners. The 8-session program provides information, support and resources for coping with memory loss and its progression. Memory Club sessions are structured so that people with dementia and their care partners meet together as a large group, as well as separately in respective peer groups.

This approach allows time for the larger group to talk about issues they face together and peer groups to share unique experiences with one another. The program includes question and answer sessions and a host of guest speakers that may include a neurologist, an attorney, a researcher and a psychotherapist.



**Date:** March 3 – April 28, 2023. There are eight consecutive Fridays.

**Time:** 10 a.m. to Noon

**Location:** TBD pending public health guidelines.

**For more information, contact:**

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### ***What participants had to say about Memory Club:***

*We came into this group feeling devastated from our neurologist's diagnosis. It was lonely not knowing anyone else who was going through the same thing. The group was so warm and welcoming. The facilitators were fabulous, professional, full of insight and information. It felt very safe. We talked openly about how to handle all the feelings, all the helplessness. The divided sessions were priceless...sharing and finding others who were experiencing the same things. There was tremendous bonding, such empathetic concern and understanding. We are more grateful for this experience than we can say.*