



The Caregiver's Journey: *Before, During and After*

A resource program created by Caregivers Support Network to assist the caregivers, and those who support caregivers, with information, hope and heart.

- **Community Program ~ *Caregiving Youth Project of Pinellas***
- **Support Groups** • **Speakers**

On Our Campus ~ January 2012

Alzheimer's Support Group

Tuesday, January 10th • 6:00 p.m. at Regal Palms ~ 300 Lake Avenue NE, Largo
Held on the second Tuesday of each month. June Sharp, RN, Facilitator. Light dinner served.

Fibromyalgia Support Group

What's New for 2012

Saturday, January 14th • 11:00 a.m. at Imperial Palms Apartments East Clubhouse
1300 Imperial Palm Drive, Largo

Nancy Cohen & Joel Christie, Co-facilitators. Light lunch served.

Parkinson Support Group

What's New for 2012

Tuesday, January 17th • 12:00 noon at Cypress Palms ~ 400 Lake Avenue NE, Largo

Held on the third Tuesday of each month. Faye Kern, Facilitator. Light lunch served.

Largo Parkinson Support Group is affiliated with the American Parkinson Disease Association (APDA) sponsored by The Palms of Largo

Diabetes Support Group

How to Recover from the Holidays

Saturday, January 21st • 10:00 a.m. at Cypress Palms ~ 400 Lake Avenue NE, Largo

Held on the third Saturday of each month. Janet Muni, RN, Diabetes Specialist & Facilitator. Light lunch served.

Gluten Intolerance Support Group

Guest Speaker: Shannon McManus, RD, LD Licensed Dietician

Gluten Free Resources & Products at Publix

Saturday, January 28th • 10:00 a.m. at Cypress Palms ~ 400 Lake Avenue NE, Largo

Held on the fourth Saturday of each month. Carolanne Leblanc, Facilitator. New recipe tasting.

Arthritis Support Group

Guest Speaker: Paula Jewel, Largo Medical Center

Tuesday, January 31st • 12:00 noon at Imperial Palms Apartments East Clubhouse
1300 Imperial Palm Drive, Largo

Held on the fifth (January Only) Tuesday of each month. Ruth Morissette, Facilitator. Light lunch served.



RETIREMENT LIVING AT ITS BEST!
In the  of Pinellas County

To R.S.V.P for a support group or more
information, please contact
Margie at (727) 437-1639.

400 Lake Ave. NE • Largo FL 33771

Assisted Living Facility License #9570, #8113



Caregivers Support Network
Supporting Caregivers of All Ages