



Northumberland County Alzheimer's Support Group

Presented by:

Alzheimer's Association

Greater Pennsylvania

Fourth Thursday of the month
5 p.m. - 6 p.m.

320 N 2nd St.
Sunbury, PA 17801

Melissa Sauger, MSW
570-495-2381
melissa.sauger@northumberlandcountypa.gov

Visit <https://www.alz.org/pa> to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at alzconnected.org.

Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.