



FamilyMeans
CAREGIVING & AGING

Community Connection

A FamilyMeans program at the YMCA

An opportunity for people with early memory loss to...

Explore New Places * Engage with Others * Connect to Community
YMCA Exercise & Nutrition * Break for Caregivers

Introducing a **NEW** weekly group for people who are living with early-stage dementia. Come join us!

Tuesdays, starting February 11th

12pm-4pm

Forest Lake YMCA

19845 Forest Road N

Forest Lake, MN 55025

Connect with our Caregiving & Aging staff by email at familymeans@familymeans.org or call 651-439-4840 for more information and how to get registered.

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