



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 — September 2010

Gluten Intolerance Support Group

Saturday, September 4th • 10:00 a.m. at Cypress Palms ~ 400 Lake Avenue NE, Largo
Guest Speaker - Executive Chef Kenny, Cypress Palms - A Cooking Class with Chef Kenny
Held on the first Saturday of each month. Light lunch served.

Alzheimer's Support Group at Regal Palms

No September Support Group

Dementia Resource Fair, Wednesday, September 15th from 10:00 a.m. - 2:00 p.m.
at Regal Palms ~ 300 Lake Avenue NE, Largo
Guest Speakers will be - Dr. David Grabau, Dr. Margarita Nunez and Peggy Macaluso.
Many exhibitors participating to help you connect with community resources.
Light lunch served.

Alzheimer's Support Group at Cypress Palms

Thursday, September 16th • 11:00 a.m. at Cypress Palms ~ 400 Lake Avenue NE, Largo
Guest Speaker - Peggy Macaluso, Florida Gulf Coast Chapter, Alzheimer's Association
Light lunch served.

Fibromyalgia Support Group

Saturday, September 18th • 11:00 a.m. at Imperial Palms Apartments East Clubhouse
1300 Imperial Palm Drive, Largo
Guest Speaker - Al Meilus, Inventor of Robotic Therapy - Manage pain with Robotic Therapy
Held on the third Saturday of each month. Nancy Cohen, Facilitator. Light lunch served.

Parkinson Support Group

Tuesday, September 21st • 12:00 noon at Cypress Palms ~ 400 Lake Avenue NE, Largo
Held on the third Tuesday of each month. Roni Hellwig, Facilitator. Light lunch served.

Arthritis Support Group

Tuesday, September 28th • 12:00 noon at Cypress Palms ~ 400 Lake Avenue NE, Largo
Held on the fourth Tuesday of each month. Light lunch served.

**To R.S.V.P for a support group or more
information, please contact
Jeni at (727) 437-1639.
400 Lake Ave. NE • Largo FL 33771**

