



Bible Chapel South Hills Alzheimer's Support Group

Presented by:
Alzheimer's Association
Greater Pennsylvania

STARTING IN NOVEMBER

- First Monday of the month, 9:30 - 11 a.m.
- First Thursday of the month, 6:30 - 8 p.m.
Except for holidays

The Bible Chapel (South Hills)
300 Gallery Dr
McMurray, PA 15317

Cathy Glumac, Support Group Facilitator
cathyglumac@icloud.com

Visit 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.