



Société Alzheimer Society

NEW BRUNSWICK / NOUVEAU-BRUNSWICK

The Alzheimer Society of New Brunswick will be presenting “**The Alzheimer Journey – First Steps**” in Saint John starting in March. “The Alzheimer Journey – First Steps” is recommended for those recently diagnosed, their family members, and caregivers. The **free** bilingual program will run for five consecutive weeks covering the following

topics:

- What is Dementia?
- Communication and Coping Strategies
 - Navigating the System
 - Legal Matters
- Resources and Support

“I learned so much about my mother and what she is going through while attending these sessions. Understanding helps me to have more patience” – Thora

Limited seats available

To register, please contact

**506-634-8722 or
saintjohn@alzheimernb.ca**