



FamilyMeans
CAREGIVING & AGING

Shaping Your Tomorrow: Dementia and MCI

Education, planning, support for those living with dementia and someone important to them.

Thursdays, February 8th – April 11th, 2024 (10 weeks)
10am – Noon
Hosted by FamilyMeans

Shaping Your Tomorrow is designed to meet the needs of both the person with memory loss and a family member or friend. Each week introduces a specific topic for education, planning for the future, and learning from others on a similar journey. Rich discussions with the full group are followed by separate peer conversations: one for people with memory loss and one for their partners.

Shaping Your Tomorrow provides:

- An understanding place to gather and know you are not alone
- A supportive learning environment to gain knowledge and ask questions
- A chance to talk with others about the dementia experience
- Detailed information to help plan and build confidence
- An opportunity to shape your tomorrow

For more information, please contact:
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Interview and pre-registration required

Funded in part with the Metropolitan Area Agency on Aging Inc. as part of the Older Americans Act Program funding.