



**FamilyMeans**  
CAREGIVING & AGING

## Shaping Your Tomorrow: Dementia and MCI

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

Thursdays, September 16<sup>th</sup> – November 18<sup>th</sup>, 2021 (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**

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