



**Please Join Us
Sunday, March 29nd
1PM to 2:30PM in the Knowledge Nook**

Topic for March 29, 2026

Our Nursing Home Support Group will meet this month for an open discussion in a relaxed, welcoming setting. There will be no guest speaker—just an opportunity for participants to share experiences, ask questions, and talk about any topic of your choice - care, caregiving, navigating the journey with loved ones, and more.

Whether you have something specific on your mind or simply want to listen and connect with others who understand, all are welcome. We hope you'll join us for this supportive conversation.

**Feel Free to Drop-in - Impromptu
ALL Family and Friend Advocates are Welcome**