



# CAREGIVER SUPPORT GROUP

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**OCTOBER 8, NOVEMBER 12, DECEMBER 10**  
**10 AM – 11AM**

**SOLACE FARMS DAY RETREAT**  
**1218 KIMBERTON ROAD, CHESTER SPRINGS**

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***Taking care of the one's we love is never easy.***

Join us the 2<sup>nd</sup> Saturday of each month at 10am to share rewards & challenges of caring for a loved one with a chronic and/or debilitating health condition such as dementia, Alzheimer's, Parkinson's, ALS or stroke. Facilitated by Beth Biehl, Owner of Aging Resources Alliance and a Certified Dementia Practitioner, we'll provide a safe place to learn about local community resources as well as how to cope with everyday life.

FOR MORE INFORMATION OR TO RSVP, CONTACT BETH BIEHL AT 484-889-2267  
OR BY EMAIL AT [AGINGRESOURCESALLIANCE@GMAIL.COM](mailto:AGINGRESOURCESALLIANCE@GMAIL.COM).