

Our **DEMENTIA-FRIENDLY, CONTINUUM OF CARE PLAN** will now provide a place for people diagnosed with early stage memory challenges to interact with others walking the same journey.

Kindred Spirits **SOCIAL CLUB**

A Program for People Diagnosed
with Early Stage Memory Loss

- Educational, supportive and social opportunities in a small group setting.
- Featuring speakers, music, art, exercise, yoga, and more.
- A place to laugh, create, work through losses and challenges, and, above all, thrive.



TO LEARN MORE OR TO SCHEDULE AN ASSESSMENT

FELICIA STEIN

410-313-1425 or fstein@howardcountymd.gov

The Kindred Spirits Social Club is a result of the collaborative efforts between the Howard County Office on Aging and Independence and the Greater Maryland Chapter of the Alzheimer's Association.