



Caregivers Support Group

Our Caregivers have the resources, experience, and understanding needed to guide each other on the unpredictable path. If you are not a caregiver but have a spouse with a progressive diagnosis, this is the place for you. It is a safe place to ask questions and build a supportive group that will be there for you when you need it most!

- ▶ Held the Last Tuesday of the Month
- ▶ No Cost & No Registration Required
- ▶ 4 pm - 5 pm
- ▶ Webster Rec Center
- 📍 1350 Chiyoda Dr, Webster

Bring your loved one along. Staff from Wellness 360 and a few volunteers will be available to supervise your loved one. We have social activities to entertain your loved one during the support group!



961 Panorama Trail S, Rochester

📞 585-482-5060

www.wellness360fitness.com