



## Ionia County Commission on Aging Support Group

**Presented by:  
Alzheimer's Association  
Michigan**

**NEW DAY and TIME starting OCTOBER 18:**

The 3rd TUESDAY of each month, at 11:30-12:30  
(immediately following Armchair Exercise class).

Participants are welcome to RSVP for a COA take-out  
lunch and bring this to the meeting! (RSVP for a meal  
by noon the Friday before).

Ionia County Commission on Aging  
115 Hudson St.  
Ionia MI 48846  
Call RACHEL YENCHAR  
(616) 527-5365

Visit [alz.org/gmc/virtual](http://alz.org/gmc/virtual) to learn more about our  
virtual offerings or call our 24/7 Helpline at 800-272.3900.

800.272.3900 \ [alz.org](http://alz.org)®

**Build a support system with  
people who understand.**

Alzheimer's Association® support groups,  
conducted by trained facilitators, are  
a safe place for people living with  
dementia and their care partners to:

- Develop a support system.
- Exchange practical information on  
challenges & possible solutions.
- Talk through issues and ways  
of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

**Can't join the ICCOA Alzheimer's Association Support Group IN PERSON?**

**DIAL IN & JOIN US by phone!**

To sign up, call 616.527.5365, 888.527.5365 (toll-free)  
or email [iccoa@ioniacounty.org](mailto:iccoa@ioniacounty.org) for details.

