



## Falling into a Routine

### BG Middletown Memory Care Support Group

Thursday, 09/18/2025 – 5:30 - 6:30

Please join the Brighton Gardens of Middletown Memory Care Support Group for a discussion about self-care. How can we remain consistent with addressing *our own needs* amidst everyday stressors?

This group is led by  
Reminiscence Coordinator, Rachel Jacobs, MT-BC, CDP.

Light refreshments will be served.

**Please call 732-275-0790 or email [Middletown.RC@sunriseseniorliving](mailto:Middletown.RC@sunriseseniorliving) to RSVP.**

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