



# Monthly Support Group Sunrise of La Costa

Every 3rd Wednesday of the month at 5pm

Diane our Reminisce Coordinator leads our support group monthly. Come support each other by sharing your experiences and your feelings, coping with the changes associated with Dementia and Alzheimer's. Learn helpful information and realize you are not alone.

**RSVP to (760) 930-0060.**

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## Sunrise at La Costa

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RCFE# 374601134



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LA COSTA