



March Forward

BG Middletown Memory Care Support Group

Thursday, 03/13/2025 – 5:30 - 6:30 PM

Please join the Brighton Gardens of Middletown Memory Care Support Group for a discussion about perseverance. What keeps you going? How do we move on from or move through our negative feelings?

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

Light refreshments will be served.

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

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