

A background image featuring a lit sparkler with bright orange and yellow sparks, set against a dark background with numerous out-of-focus bokeh lights in warm tones.

Self-Care: New Year, New Me!

BG Middletown Memory Care Support Group

Thursday, January 9, 2025 | 5:30 PM- 6:30 PM

Please join the Brighton Gardens of Middletown Memory Care Support Group for a discussion about taking care of yourself as a caregiver. What are *your* goals? What are you doing for *you*? This group will be led by our facilitator and Reminiscence Coordinator, Rachel Jacobs, MT-BC, CDP.

Light refreshments will be served.

Please call **732-275-0790** or email **Middletown.RC@sunriseseniorliving** to RSVP.

Brighton Gardens of Middletown
620 State Highway 35 South
Middletown, NJ 07748
middletown.rc@sunriseseniorliving.com