



“The Importance of Self-Love”
BG Middletown Memory Care Support Group

Thursday, 02/13/2025 – 5:30 - 6:30

Please join the Brighton Gardens of Middletown Memory Care Support Group for a discussion about self-love. What are you doing for *you*? How do you show yourself kindness? This group is led by our Reminiscence Coordinator, Rachel Jacobs, MT-BC, CDP.

Light refreshments will be served.

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

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