

Join Aging Services for Free Tips and Support

ALZHEIMER'S  ASSOCIATION
florida gulf coast chapter

Aging Services Caregiver Support Group In-Person Meetings

All sessions begin at 3 p.m.

JANUARY TOPIC:

Letting go of guilt and
unrealistic expectations
in the New Year

Caregivers can RSVP with Angie
Toledo-Vasquez via phone at
(813)450-8956 or via email at
ToledoA@HCFL.Gov.

Join the Aging Services
Support Groups for free.

Thursday, Jan. 1

Holiday, no support
group will be held.

Thursday, Jan. 8

Plant City
Adult Day Care Center
1205 S. Waller St.,
Plant City, FL 33566

Thursday, Jan. 15

Wimauma
Senior Center
16621 Lagoon Shore Blvd.,
Wimauma, FL 33598



**Hillsborough
County Florida**
Aging Services

[HCFL.gov/Aging](https://www.HCFL.gov/Aging)

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YOUR AGING & DISABILITY RESOURCE CENTER