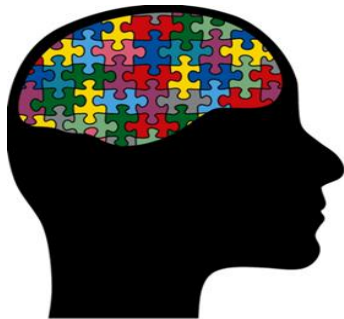


YOUNG ONSET SUPPORT GROUP

Come along and join Nikki, Jenny, Alexis and Maja at the St George's Young Onset Support Group.

The focus for March is 'Sharing Coping Strategies, and feel Empowered!'

After a very successful meeting in February where we learned about all the different dementias, a unanimous decision was taken to focus the next session on **Coping Strategies**. The aim of the March session is to share tips, learn from each other, ask advice and share the inspiration



Cognitive Neurology Support Services

John Parker Lecture Theatre

Atkinson Morley Wing

St George's Hospital

Tooting SW17 0QT



Wednesday 27th
March 6.30 -
8.30pm

A great
opportunity to
meet others living
with young onset
dementia and
their families

Get information
and advice, share
tips and coping
strategies and
have your
questions
answered

Reduce isolation
and feel
supported

Rsvp [nikki@cog-
neuro-
support.com](mailto:nikki@cog-neuro-support.com)

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