



# LUTHERAN HOME SUPPORT GROUPS

## **Caring for the Caregiver Support Group**

Caregiving for someone with dementia can be an isolating experience, but you're not alone. In this support group, participants share information, insight, advice and encouragement.

*Second Tuesday of every month | 6:30 p.m.*

## **Congestive Heart Failure Support Group**

A support group led by a registered nurse for those with cardiac issues. Learn how to manage CHF and connect with others on making lifestyle changes that can help improve your quality of life.

*Third Monday of every month | 1:00 p.m.*

## **Parkinson's Support Group**

Find emotional, educational and social support in this monthly support group for individuals dealing with Parkinson's disease. Hear from experts in the field and connect with others who have the same diagnosis.

*First Thursday of every month | 1:30 p.m.*



**FOR MORE INFORMATION,**  
contact Linda at (847) 368-7404.

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**LUTHERAN HOME**

INSPIRING THE BEST SINCE 1892.

800 West Oakton Street | Arlington Heights, IL 60004  
(847) 368-7400 | [LutheranHome.org](http://LutheranHome.org)

*Lutheran Home is a part of Lutheran Life Communities —  
Empowering vibrant, grace-filled living across all generations.*