

MEMORY CAFE

Are you living with cognitive impairment or memory loss?

FREE TO ATTEND • ALL ARE WELCOME



2nd and 4th

TUESDAY

of each month • 2 – 3 PM

JANICE ANCRUM SENIOR LIFE CENTER

1901 ISLAND WALK WAY

FERNANDINA BEACH, FL 32034

LEARN HOW TO:

- Adjust to life changes with confidence and support
- Combat stigma, loneliness, and social isolation
- Build meaningful connections within a safe and welcoming peer group
- Enhance overall health, well-being, and quality of life

NCCOA's Memory Café provides a welcoming environment that promotes social connection, support, health, and well-being for individuals living with Alzheimer's disease, related dementias, and mild cognitive impairment. The Café offers a safe and supportive space where participants can share experiences, focus on their strengths, and learn ways to live well while navigating the challenges of cognitive decline.

ADDITIONAL INFO

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NASSAU COUNTY

Council on Aging

SENIORS LIVING HAPPY, HEALTHY LIVES