

Shiley-Marcos Alzheimer's Disease Research Center

## Quality of Life Programs

Providing emotional support, education, meaningful engagement, and coping strategies

## Four Four Support Group



## 2nd Tuesday of the month 3:00 pm - 4:30 pm

Monthly support and Educational group for individuals who have learned that they have one or two copies of the e4 allele of the apolipoprotein E gene (ApoE).

Shiley-Marcos Alzheimer's Diease Research Center (SMADRC) support groups provide participants with a safe, supportive environment to discuss experiences, share knowledge, and exchange strategies to help one another gain insights and cope effectively.

## **SMADRC Support Groups**

- Facilitated by trained professionals
- Access to guest presenters from the scientific community
- Referrals to services and community resources
- No obligation to participate in research
- No cost to participate



Pre-Registration is required. Call (858) 822-4800.

adrc.ucsd.edu