

# Support Groups at Ann's Choice

Anyone is welcome to attend. No need to pre-register.

## R-Time (Caregiver Support)

*3rd Tuesday-1:30-2:30pm - Liberty Commons Parlor*

*4th Monday- 2:00-3:00pm - RG conference room*

Contact person: Suzanne Tepper - 215-443-3932

## Bereavement Support

*4th Friday - 2- 3pm- Liberty Commons Parlor*

Contact person: Kathleen McGuigan - 215-443-3835

## Low Vision Group

*3rd Thursday - 11am-12pm - Village Classroom*

Contact person: Jennifer Steinhauer - 215-443-3832

## Hearing Loss Support

*3rd Friday -11am – 12pm- Keystone Classroom*

Contact person: Diane Mokrzycki - 215-443-3986

## Diabetes Support

*2nd Thursday - 3- 4pm -Liberty Classroom*

Contact person: Kathleen McGuigan - 215-443-3835

## Move It or Lose It! (coping with the challenges of mobility)

*3rd Wednesday -1pm-2pm- Village Classroom*

Contact person: Jennifer Steinhauer - 215-443-3832

## Catch Your Breath (pulmonary problems)

*2nd Wednesday - 2 - 3pm- Keystone Classroom*

Contact person: Diane Mokrzycki - 215-443-3986