

FOR IMMEDIATE RELEASE
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**FREE EDUCATIONAL FORUM FOR ALZHEIMER'S FAMILY CAREGIVERS
FOOD: THE SECRET WEAPON
MAKING THE MOST OUT OF MEALS TO IMPROVE
THE ALZHEIMER'S CARE EXPERIENCE**

San Diego, CA---A Town Hall Forum titled, "Food: the Secret Weapon. Making the most out of meals to improve the Alzheimer's care experience" is being held Thursday, January 28th, 2010 from 8:30 am to 12:30 pm at the Lake San Marcos Resort Conference Center in North County.

This free educational forum for family caregivers will address the issues facing a family caring for a loved one with Alzheimer's Disease. A panel of experts will discuss various issues facing those assuming the role of the caregiver and how to empower and protect yourself and your loved one.

Health Care Group's ActivCare[®] - Residential Alzheimer's Care facilities and the George G. Glenner Alzheimer's Family Centers, Inc. are hosting the event, continuing the sixth year of free educational forums for family caregivers.

In addition, the Glenner Alzheimer's Family Centers will be providing free adult day care during the event at their Encinitas Center. Reservations are required. Call (760) 635-1895 at least one week prior to the event. For more information on adult day care and family and professional caregiver education please contact (619) 543-4700 or visit www.alzheimerhelp.org.

The forum will take place at the Lake San Marcos Resort Conference Center at 1025 La Bonita Drive in San Marcos, CA 92078 from 8:30 am to 12:30 pm on Thursday, January 28th, 2010. Continental breakfast will be served at 8:30 am.

To sign up for the free Town Hall Forum, please contact Health Care Group at (858) 565-4424.

For additional information on Health Care Group, please log on to www.healthcaregrp.com.

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