



# Mitten Minds Support Group

*A Michigan Alzheimer's Disease Center program for persons with memory loss.*

The Mitten Minds Support Group is a monthly support group for individuals with mild cognitive impairment or early-stage dementia. The support group provides a space for individuals living with memory loss to meet and learn from others going through similar experiences.

The Mitten Minds Support Group is currently offered virtually. The program is a part of the Michigan Alzheimer's Disease Center Wellness Initiative and is led by Ashley Miller, MPH. Newcomers are welcome at any time.

## *To register*

Registration is required. If this is your first time attending, please contact [acmil@med.umich.edu](mailto:acmil@med.umich.edu) before attending.

If you have attended before, please register online at [alzheimers.med.umich.edu/mitten-minds-support-group](https://alzheimers.med.umich.edu/mitten-minds-support-group)

*“It really just makes you feel like you're definitely not alone in all this.”*  
– Previous participant

2022

Virtually on Zoom  
Monthly  
Third Tuesday  
of each month  
3:00 - 4:00pm