

Health Education & Support

Chronic Disease Support Group: Hypertension/CHF Diabetes, COPD/ Asthma

Free

Meets: 1st Fridays 10:30 am

- ◆ Contact Amber J. Lange, RN @ 240-315-5965
or alange@fmh.org or walk-in

Caregivers' Group

Free

Meets: Last Wednesdays 1:30 pm

- ◆ Contact Mary or Mindy @ 301-600-1601
for info or walk-in

Alzheimer's Care Support Group

Free

Meets: 1st Tuesdays, 2:00 pm

- ◆ Contact Cathy @ 301-696-0315 x 113
@ the Alzheimer Association for info.

TOPS (Weight Loss) Group

Free tryout,
small fee to join, no food sales

Meets: Mondays, 3:00 p.m.

- ◆ Contact Carol @ 240-629-8251

Frederick Senior Center 301-600-3525

1440 Taney Avenue, Frederick, MD