

**Know someone or just been diagnosed  
with Alzheimer's or similar disease?**

**Working life has been:**  
*Responsibilities? Challenges?  
Meetings? Conferences?*

**Feeling a loss of identity,  
self-respect, dignity?**

**Missing social and intellectual  
stimulation of peers?**



## **PALZ - Professionals with Alzheimer's**

- Meeting every two months
- Range of interesting speakers providing intellectual stimulation to those who just happen to have Alzheimer's or similar diseases
- Opportunity to meet others in a similar situation
- Supportive friends and relatives very welcome



**Referrals are through email request to:**

***info@palzglobal.org.uk* or  
*lizholdsworth@hotmail.com*  
or telephone  
**01743 718495** or  
**01743 362732****

*The purpose of the PALZ Group is to provide people who have held challenging and demanding jobs and who are now living with Alzheimer's (or dementia from other causes), with a social environment that relates to their previous working environment of peer support and mental challenge. These meetings aim to increase self-respect and confidence as well as providing mental stimulation.*