

# Caregiver Educational Support Group

Wednesday  
**April 2nd**  
12:00 - 1:00

This month's topic:  
**Feeding Your Microbiome:  
6 Essential Keys to Boosting Your  
Brain by Boosting Your Gut**



**Lunch will be provided  
Please RSVP**



Central Church of  
Christ

Commons Room  
1401 S Madison St  
Amarillo, TX 79101

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Keep an eye on  
the weather.  
If AISD closes, we  
will not have a  
meeting.

**Join us at Central Church of Christ Commons  
Room the first Wednesday of every month to:**

- Discuss the challenges of caregiving**
- Meet others with similar experiences**
- Share feelings in a safe place**
- Find local resources and guidance  
from professionals**

(806) 331-2227

RSVP required to Jaime Sharp [jsharp@theprpc.org](mailto:jsharp@theprpc.org)