



BRIDGING THE GAP WITH CAPITAL CITY NURSES AND FOX REHAB

There are so many choices as we navigate our journey. no two are alike. Through transparent conversation, education and support, we are empowered to "bridge the gap" from questions to solutions. Allowing us to advocate for ourselves and loved ones. Meet Delores Clearfield, Director of Continuum of Care & Kathryn Prince, Physical Therapist with Fox Rehabilitation for our "Bridging the Gap" Solutions.

Where:
ARBOR TERRACE HERNDON
1100 Dranesville Road
Herndon, VA 20170

When:
07.31.24
1:00PM

Brain Health as You Age

Join Melissa J Long, Director of Education and Support with Insight Memory Care to learn more about age-related changes in memory and learning, and practices to keep your brain sharp! Learn what to expect, what's "normal," and when it's time to seek a doctor's input.



capital city nurses
THE SMART CHOICE FOR HOME CARE



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of herndon



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& SPEECH THERAPY.
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