



# 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:

9.25.24  
1:00PM

## Normal Aging vs. Dementia

Join Melissa J. Long, Director of Education and Support with Insight Memory Care Center for a discussion on changes that occur with age, warning signs of a memory problem, and what to do if someone you love is experiencing symptoms.



**insight**  
MEMORY CARE  
CENTER



capital city nurses  
THE SMART CHOICE FOR HOME CARE



ARBOR TERRACE  
of herndon



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