

Traditions at North Willow **CAREGIVER SUPPORT GROUP**



MONDAY

SEPTEMBER 14, 2026

3:30PM - 4:30PM

Traditions at North Willow
Chapel
1703 W. 86th Street
Indianapolis, IN 46260

You're Not Alone!

***Join Our Memory Care
Support Group.
All Are Welcome!***



**FOR MORE INFORMATION,
PLEASE CONTACT:**

NICOLE SCHULTZ

360 Wellness Therapy

NicoleSchultz@my360wellness.net

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***Support, Guidance, and Space to Care
for Yourself while Caring for Others***

Join us for a supportive and informative gathering led by Nicole Schultz of **360 Wellness Therapy**, focused on empowering those caring for a loved one.

This session will explore the resources and support available to primary caregivers, while also emphasizing the importance of self-care and maintaining your own well-being. You'll have the opportunity to ask questions, share experiences, and connect with others in a compassionate, understanding environment.



TRADITIONS

at NORTH WILLOW