Traditions at North Willow
CAREGIVER SUPPORT GROUP



MONDAY
NOVEMBER 2, 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!

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.

360 WELLNESS

FOR MORE INFORMATION, PLEASE CONTACT:

NICOLE SCHULTZ
360 Wellness Therapy
NicoleSchultz@my360wellness.net
317.876.2916

TRADITIONS
at NORTH WILLOW