

Do you need help and support following a diagnosis of Dementia?



Join us for our free 6 week

Dementia Information and Support programme

The sessions will include:

- Discussions on how to live well with dementia.
- Practical tips and coping strategies for everyday living.
- Signposting to local organisations and services.
- Creating and maintaining a support network

Where: The Chapter House, St Mary's Church
Church Lane, Princes Risborough, HP27 9AW

When: 6 consecutive Friday mornings commencing
6th September 2019

*'I now realise that life with dementia can still
be enjoyable. I no longer feel alone!'*

Comment from attendee.

For more information including timings, or to book
a place please call the Memory Support Team on:



01296 331749

Registered charity number 296645

