

# Merry Moments Service



**Join us at our Free Dementia Activities Session**

**Monday 23rd May 10-11am at The Widdershins Centre**

Having Dementia doesn't mean you have to stop doing the things you enjoy.

We provide all sorts of activities that help you to live well with dementia and improve wellbeing.

**Limited spaces available .**

**☎ 01495 769264 for further information**

**FREE refreshments for all Carers**

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