

**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 Healthy Living Centre,  
Walton Court Shopping Centre, Hannon Road,  
Aylesbury, HP21 8TJ

**When:** Every Thursday for 6 wks starting  
26<sup>th</sup> October 2017

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

**01296 331749**

In association with

