



ARE YOU WORRIED ABOUT YOUR MEMORY?

Join us for a free **Memory Information Session** in The meeting Room, Universal Care, Chester House, 9 Windsor End, Beaconsfield, Bucks, HP9 2JJ on

Wednesday 29th March 2017 from 10:30 am - 12:30 pm.

The session will last for two hours and will include:

Understanding Memory

Memory Tips

Coping Strategies

Access to a wide range of information

Signposting to other services and organisations

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

01296 331749

In association with



Registered Charity number 296645



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