

Are you worried about your memory?



Join us for a

Virtual Memory Information Session

You can choose to attend on one of the dates below:

Tuesday 4th May from 10 am – 12pm

Tuesday 8th June 2 pm – 4 pm

The sessions can be accessed from a computer or tablet or you can call in by telephone. The session will include information on:

Helping you understanding how your memory works and what may be happening when it is not working as you would like it to be.

Discussing memory problems, tips and coping strategies to help with independence and confidence.

Learning what you can do to promote good memory.

Signposting to other services and organisations where you can get help.

To register your interest, please email **Angela Walshe** at angela.walshe@alzheimers.org.uk or call for more information on 01296 331749



Registered charity number 296645

