

BETTER

Dementia Club UK

Caring for the community Sponsored by Saracens

the feel good place

2020 Session Dates

VENUE:

Kentish Town Leisure Centre

Grafton Road, Kentish Town, London NW5 3DU

SESSIONS:

Third Thursday of every month



TIMES:

1pm to 3pm

16th January

16th July

20th February

20th August

19th March

17th September

16th April

15th October

21st May

19th November

18th June

17th December

Our Clubs

- Attendance is free, with each session aiming to provide you with professional advice, gentle exercise to music and fun activities in a social atmosphere served with tea, coffee and cakes. A GP is also available to answer any medical concerns.
- We provide support for people suffering from Alzheimer's and other forms of dementia and also support carers, friends and families and those who have lost someone with dementia.

For more information, call Lisa on 07956 858 913

and visit our website and social media:



www.dementiaclubuk.org.uk

