



Become a Dementia Friend!

Someone is diagnosed with Dementia in the UK every 3 minutes... that 225,000 people who will develop the condition this year alone.

Sadly our lovely community is not immune and we have a growing number of people living with Dementia in our own families and neighbourhood.

Join us for an informal 1 hour session to learn more about what it is like to live with dementia and how we can all contribute to make our communities more dementia-friendly.

Suitable for individuals, businesses, groups and clubs.

Sessions at the Blackdown Healthy Living and Activity Centre

Tuesday 22nd May 10am-11am or 12noon-1pm

Thursday 24th May 4.30pm-5.30pm or 6.30pm-7.30pm

Session at the Baptist Church

Wednesday 23rd May from 1130 – Light lunch followed by information sessions

Free but booking essential

Book a place with Charlie 01823 680687 or
centre@bhlac.org.uk



BLACKDOWN
HEALTHY LIVING &
ACTIVITY CENTRE

BLACKDOWN
Support
GROUP

REG CHARITY 1013514