## Together Group Stevenage



Our Together Groups are for people living with dementia or those worried about their memory, to come along with a family member, close friend or carer.

Join our fun, social group for a variety of activities: games, arts and crafts, chair-based movement to music, entertainment. Information and advice also available.

## Every Tuesday and Thursday 1.30pm to 3.30pm

Hampson Park Community Centre, Hampson Park, Webb Rise, Stevenage, SG1 5QU

Contact: Tel: 01279 427522 or Email: central.herts@alzheimers.org.uk

Come along for a taster to see if the group is right for you!

All groups are free to attend.



Memory Support Hertfordshire



Together we are help & hope for everyone living with dementia

