Halesworth
Dementia Carers' Fund
Helping people with memory problems and their family carers

Charity No. 1170477

Happy Christmas

Our Christmas & New Year dates

SESSION	LAST SESSION	BACK ON
MONDAY Seated Music & Movement	14th Dec	4th Jan
TUESDAY Memory Café	22nd Dec	5th Jan
WEDNESDAY Day Centre	23rd Dec	6th Jan
THURSDAY Yoga	17th Dec	7th Jan
THURSDAY Singing	17th Dec	7th Jan
FRIDAY Day Centre	18th Dec	8th Jan



Is Christmas feeling too much?

You don't have to cope on your own. Give us a call – if we can't answer, leave a message and we'll ring you back.

07990 199632

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