



YoungDementia UK

Family Service

Walk 'n' Talk

Following the successes of our Walk 'n' Talks last year we have planned the first walk of 2012 for Wednesday 14th March starting from The Shillingford Bridge Hotel, nr Wallingford, Oxon OX10 8LZ See www.shillingfordbridgehotel.com

Please meet in the car park (there is plenty of parking available) at 11.00 am and we will start the walk promptly at 11.15 am. It is a short easy circular walk which will partly be alongside the river arriving back at the Hotel for coffee and/or lunch.

Come and join us for some fresh air, exercise and the opportunity to talk and share your experiences with others.

If you would like more information please contact either
Sue Hosty Tel: 01865 821699 or Emeline Keown Tel: 01865 747698