Come along to activity sessions for people under 65, who are living with dementia.

Your local activity sessions provide a safe and supportive place for you to:

- Enjoy the benefits of regular exercise
- Meet other people living with young dementia
- Have fun and try new sporting activities
- Have your say on what activities take place

Where to find us
Maidstone Leisure Centre
Mote Park
Maidstone
ME15 7RN

Activity sessions run
2nd and 4th Friday of the month
Starting 9th Feb 2018
10.30am - 12noon

Cost
£2

To find out more contact
Victoria Springett
maidstone@alzheimers.org.uk
01622 747181