

# Free Memory Group

This memory group is based on the principles of cognitive stimulation therapy (CST), which is proven to help people with memory loss. Activities, fun and laughter provide mental stimulation and help increase confidence over 14 weeks.

**Venue to be confirmed**

**Monday 12.30 - 1.30pm**

Carers are invited to stay and enjoy a coffee together.

**Please call Remind on**

**033 0332 4030**