

## **Activity Group**

Maintaining an active social life is the key to remaining healthier and more motivated.

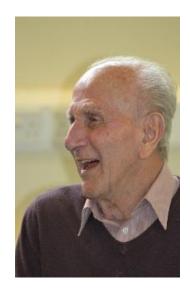
Come and join us for coffee, chat and fun.

We offer a structured programme of activities for people with memory loss and their carers.

Thursdays 1-2.30pm
Cosham Baptist Church
The Link
48 Havant Rd
Portsmouth
PO6 2QZ

Please call Remind on 033 0332 4030









Funded by:

Remind is delivered in partnership:



www.solentmind.org.uk

Rowans

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