## Morth Baddesley Memory 从於 Walking for health

## **Starting Thursday 18 May**

People living with a memory problem, and their carers, are invited to join a social walking group.

The group will go on short strolls to places of interest around North Baddesley to stimulate memories and conversation, followed by tea and cake at the T Cup Café (please bring some pennies with you).

Every Thursday
Meet at 9.45am
North Baddesley Sports Pavilion,
Sandy Lane (car parking available)

Call: 07899 664 209

or email: admin@romdag.co.uk

Working in partnership with









For more information about activities and events organised by the group, please go to **www.romdag.co.uk**