

# Younger onset Dementia group

A meet up group for people  
under 65 living with Dementia

Every Thursday from 10.00 to 11.30 am at Northwood  
Library HA6 3AA:

07/3	Reminiscence session
14/3	Gentle Yoga (No Mat Required)
21/3	Reminiscence
28/3	Gentle Yoga
04/4	Reminiscence
11/4	Gentle Yoga
18/4	Reminiscence
25/4	Gentle Yoga
02/5	Reminiscence

For more information contact:

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