



MHM WALES



Better Together



Better Together

Are you suffering from memory loss?

Do you support a person with memory loss to live their best life?

Visit MHM Wales' Better Together group for a mix of fun activities, friendly company, practical advice, information and reminiscing.

**Takes Place every Monday, 12:30pm - 2:30pm at
Union Offices, Quarella Road, Bridgend. CF31 1JW**

**For More Information, Contact Sara on (01656) 651 450
or email community@mhmwales.org**