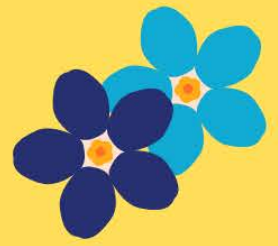


Bridgend Wellbeing Walks



For people living with dementia & their carers

Come Join Us!

For a gentle walk, enjoying the outdoors.

Fridays: 4th, 11th 18th October

Fridays: 1st, 8th, 15th & 22nd November

Fridays: 6th 13th December

11am until 12.30pm

**Meeting outside the Halo Leisure Centre
(weather permitting)**



**For more details please contact Michelle/Maria at
0300 10 249 70 or bdh@mhmwales.org**



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

