



Wellbeing Walks

For people living with dementia & their carers

Come Join Us!

Fridays 6th & 13th December

11am until 12.30pm for a gentle walk, enjoying the outdoors.

Meeting outside HALO in Bridgend



**For more details please contact Michelle/Maria at
01656 651450 or bdh@mhmwales.org**



Funded by MHM Wales and public donations



Mental Health Matters Wales (Charity Number 1123842, Company Number 6468412).



Promoting independence through Activities, Advice and Information