



# Music For the Mind

## Every Friday 2pm-3.30pm

63 Nolton Street

Bridgend

CF31 3AE

To find out more contact Michelle/Maria on 0300 10 249 70 or  
[bdh@mhmwales.org](mailto:bdh@mhmwales.org)

### Come Join Us

Sessions are for people living with dementia and their carers

Whether it's 60's soul, operatic arias or songs from the musicals, our Music For The Mind sessions will soothe, stimulate and bring to mind long-forgotten memories

### Benefits of Music for the Mind:

- Can improve mood & immunity
- Can improve memory
- Social Bonding
- Can improve Sleep
- Can reduce agitation
- Can improve communication
- Provides an opportunity to make friends and have fun
- Free tea and coffee provided



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