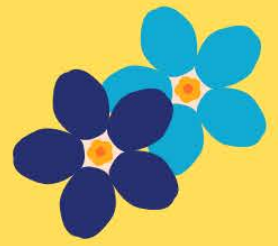


Porthcawl Wellbeing Walks



For people living with dementia
& their carers

Come Join Us!

For a gentle walk, enjoying the outdoors.

**Fridays: 26th July, 30th Aug & 27th Sept
11am until 12.30pm**

Meeting outside the Pavilion at 11am



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



Ariennir gan
Lywodraeth Cymru
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