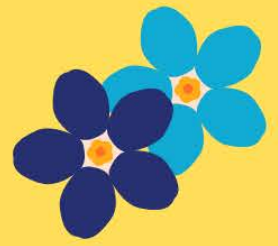


# Porthcawl Wellbeing Walks



For people living with dementia  
& their carers

**Come Join Us!**

**For a gentle walk, enjoying the outdoors.**

**Fridays: 25th Oct, 29th Nov & 20th Dec  
11am until 12.30pm**

**Meeting opposite the Pavilion at 11am**



**For more details please contact Michelle/Maria at  
0300 10 249 70 or [bdh@mhmwales.org](mailto:bdh@mhmwales.org)**



Ariennir gan  
Lywodraeth Cymru  
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