

GOLDEN MEMORIES

WELLBEING WEDNESDAYS

Wednesdays
10:00am to 12:00pm

Holywell Community
Centre

Join us weekly for physical and mental wellbeing sessions supporting individuals living with dementia and their carers and/or their loved ones navigating their dementia journey.

Incorporating physical exercise, music and dance, and wellbeing activities.

“Golden Memories has opened up a world we thought we had lost.”

Contact Shona McHale,
Older Adults Project Officer:
07510 593192
shona.mchale@watfordfc.com

