

DROP-IN ANYTIME, ALL WELCOME



FREE DEMENTIA EVENT

ASK THE EXPERTS

**Find out more about the latest tools,
research and specialist services.**



**SWALLOWS LEISURE CENTRE, SITTINGBOURNE,
ME10 4NT**



**MON 6TH OCT 2025
10 AM - 2 PM**

**Come and meet local support
services and dementia
friendly organisations.
Learn about latest research,
care know-how, and
knowledge from lived
experience.**

For more information contact:
alisoncarter@nplh.uk
or call 01795 597983



To book your place call: 01795 597983



FREE DEMENTIA EVENT

SOME QUESTIONS YOU MAY HAVE:

Our event aims to answer these questions and much more...

- What should I do if I'm worried about my memory?
- Am I fully prepared for the future both legally and financially?
- What can I do to support my loved one to live a good life with dementia?
- What is the difference between Alzheimer's and dementia?
- Does dementia run in the family?

Virtual Dementia Tour Experience

Join a unique 3-hr learning opportunity to **feel** what it might be like to live with dementia. 24 places available. Please call in advance to book.

