

"Man I hate leg day."

ANN'S WEDNESDAY WORK OUT

at St Michael's Church Parish Rooms,
VERWOOD

ON THE FIRST WEDNESDAY OF EACH
MONTH

CLASS BEGINS AT 11.00

FOR 45 MINUTES

FOLLOWED BY REFRESHMENTS

**FOR CARERS AND THOSE LIVING WITH
MEMORY LOSS**

**A CHANCE TO MEET NEW FRIENDS AND STAY
HEALTHY AT THE SAME TIME**

To find out
more visit our
website at

www.vdfca.com



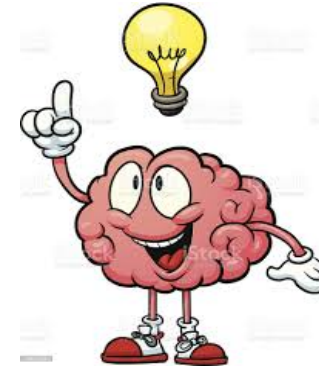
If you are not able to
access the internet, we have a
VDFCA folder at the
Verwood Library that will give
you details of all our activities
and some useful information
regarding dementia and memory
loss. Just ask the
Librarian for more details

Helping our community to
become more aware of
Dementia



www.vdfca.com

THE WEDNESDAY WORKOUT FOR THE MIND



**THE THIRD
WEDNESDAY
OF EACH
MONTH FROM
11.00 until
12.15**

**FOR CARERS AND THOSE
LIVING WITH MEMORY LOSS**

at St Michael's Church Meeting Room,
VERWOOD

A morning where anything could
happen! You may have a
BEETLE DRIVE, BINGO, A QUIZ,
A SING-A-LONG. It will be a surprise but
will exercise your mind in a fun way

FOLLOWED BY COFFEE AND A CHAT