

## **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**

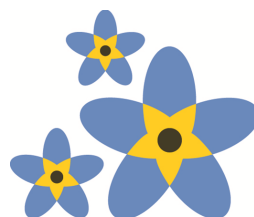
**A CHANCE TO MEET NEW FRIENDS AND STAY  
HEALTHY AT THE SAME TIME**

To find out  
more visit our website at  
[www.vdfca.com](http://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

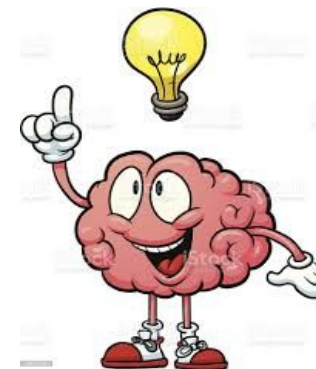
**Helping our community to  
become more aware of  
Dementia**



Working to become  
**Dementia  
Friendly**

[www.vdfca.com](http://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**