

Join the LWDP for Coffee & Cake!

This month's key topic

**“Let's Hang on, to what we've got,
Don't let go Guys we've got a Lot!”**

Health & Wellbeing in Later Life

Tuesday 9th December 2014

10:00 - 12:00

(9:45 registration)

at

**LWDP, Ribble House, Meanygate, Bamber Bridge, Preston,
PR5 6UP**

Guest Speaker:

Dr. Garuth Chalfont

THERAPEUTIC NATURE DESIGN AND CONSULTING

Chalfont Design

Meaningful activity using nature and the outdoors can be especially relevant to the needs and wishes of ladies and gentlemen in your care. You will be introduced to Dementia Beat Camp and learn how this pioneering educational initiative can empower individuals to take charge of their health and well-being, to either prevent, delay the onset or slow the decline of dementia in their lives.

Information about 'Dementia Beat Camp' can be found on Facebook

ALL LWDP INFORMATION MORNING PLACES ARE CURRENTLY FULLY FUNDED!!



For assistance please call 01772 761855 or email info@lwdp.org.uk

