



# Hertswise

Dementia support in Herts

## Are you living with Dementia or worried about memory loss?

Hertswise can help with:

- Local community groups
- One to one support
- Information and advice
- Carers support and advice
- Specialist advisors

### Community group in St Albans

Where: Park Side View, Chiltern Road, St Albans, AL4 9FJ

When: Every Thursday

Time: 2-4pm

Cost: £5 (carers/family free of charge)

Please call for more information!

Community groups offer a friendly environment to take part in activities, meet other people, and find out about support available

## Call us now:

# 0300 123 4044 *Monday-Friday 8am-6pm*

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