



Understanding Dementia

The Firs House and Telegraph St Surgery Patient Participation Group invites you to a free information evening on how you can live well with dementia

Firs House and Telegraph St



Patient Participation Group

Speakers:

Valerie Freestone

Clinical Specialist Dementia Nurse

Dr Simon Poole

Local GP

Preventing dementia
Writing your own care plan
Maintaining independent living
How friends and family can help
Questions & answers

Tuesday 11 October 2016 at Histon Baptist Church

Refreshments from 7.00pm • Presentation 7.30–9.00pm

Station Road, Histon. CB24 9LQ • For more info visit www.firshouse.com