

# Are you worried about your memory?



Join us for a

## Memory Information Session

Tuesday 27<sup>th</sup> September 2:00pm-4:00pm

The free session will be held at **The Healthy Living Centre** Unit 1,  
Walton Court Centre, Shopping Centre, Hannon Rd, Aylesbury HP21  
8TJ

The session will include information on:

Understanding how your memory works and what may be happening  
when it is not working as well as you would like it to.

Discussing memory problems, tips and coping strategies to help with  
independence and confidence.

Signposting to other useful services and organisations.

To register your interest, please email the  
**Dementia Support Service** at

[bucks.memorysupport@nhs.net](mailto:bucks.memorysupport@nhs.net)  
or call for more information 01296 718956

Refreshments will be available to purchase at the Healthy Living Centre café

Free Parking



Registered charity number 296645

