



STARTS  
**31st**  
**Jan**

# Memory & Thinking GROUP

The Memory & Thinking group is part of the Cognitive, Dementia and Memory service (CDAMS). It is a 7 week program run by a Speech Pathologist and Occupational Therapist with guest speakers. The group includes education and practical tasks and activities to help with your memory. There are plenty of chances for you to ask questions and talk to others about your memory, and partners/carers of people who have had memory changes are welcome

- ▶ Held weekly on **Mondays** from **3.00pm to 4.00pm** over 7 weeks. Tea and coffee provided
- ▶ There is a small cost to participate in the group (\$10.20 per session)

Facilitated by Ruth Glanville

For bookings or more information, please call (03) 5485 5801



Echuca Regional Health