



ageing well
IN NORTHUMBERLAND

**FREE
EVENT**

Stepping into Spring

Join us for a cuppa & a chat

**Find out more about staying
active, involved and well, local activities
and volunteering opportunities in the area...**

All Welcome!



GUY OPPERMAN MP WILL BE THERE TO ANSWER ANY QUESTIONS

Saturday 28th April

10am – 1pm

in The Great Hall at Hexham Abbey

Taking place in the adjoining Wilfred Room

11am – 12noon Dementia Friends Information Session (Free)

To book a place: Contact the Alzheimer's Society on 01434 607318 or on line www.dementiafriends.org.uk

12.15 – 1pm Film: A Trip Down Memory Lane

Supported by TYNEDALE DEMENTIA ACTION ALLIANCE