

# Are you living with or caring for someone with dementia?



Learning and sharing events for people living with dementia and their family carers

Help to shape services for people with dementia

## Heart of Hawick

Monday 24 March

1pm - 4.30pm

Find out about local services

## Peebles Burgh Hall

Tuesday 25 March

1pm - 4.30pm



Refreshments will be available

Tips on making the home dementia friendly

Please let us know if you need help with transport

To book, call or scan  01361 886103

