



**Every Wednesday**

**LadyBridge Connect Pavilion** (off Meadway Rd, Cheadle Hulme)

# SK Memories

**10:00am - 12:00pm**

This is a dementia-friendly social and wellbeing group which includes chair-based exercise and nutritional advice delivered by ABL Health, stress relieving activities and a chance to socialise and reminisce about past memories of Stockport.

For more information or to book a place, please contact  
**Jamie McCord 07747 064 924**



**Community  
Foundation**

Registered Charity Number: 1125117

[www.scfcfoundation.com](http://www.scfcfoundation.com)