

York's Brain Health Café

Please join us **Every Friday**
(except bank holidays)
at **Acomb Garth Community Centre**

10am – 12 pm

- Fun Friendly social event with free refreshment's provided
- Support, advice and fun activities that explore how to keep our brains healthy at every session
- Meet people from your local health & social care services and community groups
- Monthly attendance from the memory clinic – first Friday of the month

June/July 2023

- 23rd June – Fun social session, tells us who you would like to come to the Brain health café . Bring along a photo of yourself as a younger person and/or a photo memory you'd like to share.
- 30th June – Keep Moving! Experience an inclusive fun dance themed exercise class
- 7th July – Memory clinic in attendance, come and have a chat with a nurse from the memory assessment team. Meet representatives from Health watch and your local York city council adult social service team.
- 14th July – Green fingers session – exploring the importance of getting out and about in green spaces. Take part in fun gardening experience. Be prepared to take something home! Also be independent team member joining us.
- 21st July – Fun social session with the Wilberforce Trust – themed session all about Hearing. Get advice, guidance, discuss issues your experiencing.
- 28th July - Fun social session, tells us who you would like to come to the Brain health café. Give us your feedback.

