

Live Well with Dementia Education Programme



Your local York office runs courses for people living with dementia; please give us a call.



The seven sessions of the programme are as follows:

1. Life after diagnosis - what Living Well with dementia means to me
2. Living Well – managing dementia in my daily life
3. Keeping the balance – managing my health
4. Keeping the balance – managing my feelings
5. My Support – communication and relationships
6. Myself, my support, my future planning
7. Market place of information, support and signposting - this session may involve chosen supporters by participant invitation

When phoning you may occasionally get an answering machine, but please leave a message and we will return your call as soon as possible.

Contact: 01904 567701.

Email us at yorks@alzheimers.org.uk

Find us online at www.alzheimers.org.uk/york