

# Dementia Awareness



**Tuesday 26 May 2015**

**11.30am - 1.30pm**

**Information Drop In**

**If you would like to know more about  
living with dementia**

**Teresa from Alzheimer Scotland can,**

- Provide information and advice**
- Put you in touch with local sources of support**
  - Help you plan for the future**
  - Help you navigate health and social care**
- Support you to stay as independent as possible**

**2.00pm - 3.00pm**

**Dementia Awareness Workshop**

**This workshop is open to all, but, if possible,  
please give advance notice if you wish to attend.**

**St Bride's Centre  
10 Orwell Terrace  
Edinburgh EH11 2DZ  
0131 346 1405  
[www.stbrides.org](http://www.stbrides.org)**

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