

**Are you worried about your**

**memory?**

Join us for a free

**Memory Information Session**

at

Chesham Methodist Church
Bellingdon Road, Chesham, HP5 2HA

**Tuesday 20th November, 10.30 – 12.30.**

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The session will last for two hours and will include:

Understanding Memory

Memory Tips

Coping Strategies

Access to a wide range of information

Signposting to other services and organisations

**For more information or call Memory Support on**

**01296 331749**

**** **memorysupport@alzheimers.org.uk**

 Registered charity number 296645