

PRECIOUS MEMORIES

A relaxed informal setting with information, support, friendship and laughter.

For those living with anxiety, depression and memory loss, their family, carers and friends. Come along and Join us.

Activities

- Table games
- Arts and craft
- Fun with music
- Gentle exercises
- Reminiscences
- Entertainment

Every 1st and 3rd Tuesdays of the month from 12-2pm at Christ Church, Mytham Road, Little Lever Bolton, BL3 1JE.



Contact us on
07963500069
domina@preciousgems.org.uk

