



Wellbeing Wednesdays

**10am to 12 every Wednesday at
Bridgend Dementia Hub**

**63 Nolton Street
Bridgend
CF31 3AE**

Come Join Us

**For fun free activities, supporting those living with
dementia and their carers.**

**Enjoy a cuppa and chat whilst taking part in enjoyable
activities to support your wellbeing**

**For more details please contact Michelle/Maria at
0300 10 249 70 or bdh@mhmwales.org**



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Welsh Government

