

Living with memory problems or mild to moderate dementia?

Conversation Works are piloting a Cognitive Stimulation Therapy Session in Ivybridge.

Cognitive Stimulation Therapy:

- Improves memory, communication, concentration & thinking skills
- Increases confidence & wellbeing
 - Small & friendly group

This is a one-off, no-cost trial session designed to see if there's enough interest to establish a regular weekly group. Following the pilot, sessions will be chargeable, so this is a great opportunity to try it out and experience what we offer.

20th February 2025 at 2.30 - 4.30pm
Beacon Room, The Watermark,
Ivybridge PL21 0SZ

Contact Kathrine to book your place and find out more about CST and how it helps delay cognitive decline.
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