
**Living with memory problems
or mild to moderate dementia?**

**Ivybridge
Cognitive Stimulation
Therapy Group (CST)**

**Thursday afternoon 1.30 - 3.30pm
at St John's Church Hall
Blatchford Road, Ivybridge PL21 0AD**

- Activities to work the brain
- Conversation and laughter
- Helps slow cognitive decline

To find out more about CST, the group
and how to book a place contact Kathrine

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