



NOTTINGHAM **CENTRAL** LIBRARY

# LIVING WELL WITH DEMENTIA

JOIN US TO MARK DEMENTIA ACTION WEEK 2024

**Tuesday 14 May**

**10.30am to 3pm**

**Free drop-in event**

- Find out how to live well with dementia
- Browse our marketplace of support services
- Hear about cutting-edge research
- Explore resources for reminiscence

Scan or click  
for more details



- Join a Dementia Friends information session
- Access support and advice for carers
- Entertainment from Songtime CIC Dementia Singing Group