

Come along and enjoy a

# Live Well, Love Life Event

at Stowmarket Rookery  
Bowls Club  
hosted by Stowmarket  
Dementia Action Alliance

**Friday 20 September 2019**



This is a **FREE**  
event for you  
or someone you  
know, who is  
living  
with dementia

**The day starts at 10am until 3pm**  
**Information stands, Taster Activity sessions,**  
**a Dementia Friends session and refreshments**  
**available throughout the day.**

Find out more about living with dementia and what actions we are delivering in Stowmarket to work towards making Stowmarket a Dementia Friendly Town.

If you would like to come along please add your name via Eventbrite or email: [Fiona.palmer@bsevc.co.uk](mailto:Fiona.palmer@bsevc.co.uk)

**We look forward to seeing you!**