
Navigating Dementia Seminars

This is a ninety-minute seminar is open to anyone keen to find out more about what is dementia, what to do if you're concerned about changes in memory or thinking, ideas for living well with dementia, and the support and resources available.

Hutt Valley

Thursday 8 th October	2pm	Upper Hutt Library
Thursday 5 th November	10am	Petone Community House
Thursday 10 th December	10am	Upper Hutt Library

Wellington

Tuesday 20 th October	1pm	Village in the Park
Thursday 19 th November	6pm	Kilbirnie library

Porirua

Wednesday 4 th November	1:30pm	Conference Room, Kenepuru Hospital
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Kapiti

Wed 21 st October	1pm	Dementia Waikanae Office
Thurs 10 th November	10am	Kapiti Community Centre
Thurs 3 rd December	10am	Dementia Waikanae Office

For further information please contact Dementia Wellington 04 972 2595