

Navigating Dementia *with Dementia Wellington*

Dementia
Wellington



Porirua

Tuesday 10 April, at 10am

Wednesday 4 July, at 5.30pm

Tuesday 25 September, at 1pm

Lower Hutt

Tuesday 27 March, at 5.30pm

Tuesday 12 June, at 1pm

Thursday 29 November, at 10am

Wellington

Wednesday 2 May, at 5.30pm

Tuesday 24 July, at 10am

Tuesday 16 October, at 1pm

Kapiti

Wednesday 7 March, at 10am

Thursday 24 May, at 1pm

Tuesday 14 August, at 10am

Wednesday 7 November, at 5pm

Throughout 2018, Dementia Wellington is holding regular information sessions for **people recently diagnosed with dementia**, those **supporting someone with dementia**, or anyone with **questions about dementia**.

These ninety-minute sessions will cover:

- What is and isn't dementia
- What to do if you are concerned about changes in memory or thinking
- How to support a family member or friend living with dementia
- The support and resources available from Dementia Wellington and other organisations

There will also be opportunity to ask questions and connect with other people in similar situations

For more information or to register, please contact Kirstie on (04) 972 2595 or email admin@dementiawellington.org.nz

These sessions are free, though a koha is most appreciated