

**NEW
Chair Based
Exercise
Class**

**People with
Dementia
Carers
Former Carers**

**Weekly
starting
Thursday
1st November**

Alheimers ●
Dementia ●
Support ●

Local support and guidance

Smile

Keep Fit • Make Friends • Keep Living!



**Meet for Refreshments at 10.15. Exercises 11.00- 11.45
King Edwards Hall, King Edwards Road, North Ascot SL5 8PD**

**For more information please contact
Sarah Hill on 07876 586445 or Terrie Hall 07516 165647**

A SMILE exercise initiative delivered in by Alheimers Dementia Support

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