

dementia friendly swimming

at perdiswell leisure centre

starting
wednesday 18 april
2.30pm – 3.00pm

A NEW
swimming session
for people with dementia!

Swimming sessions cost **£4.00**
and you can bring along a family
member or friend for **FREE!**

Please allow time to get changed
before session starts.

Sessions are followed with
refreshments*

*Refreshments are available to purchase
from the café after your swim.

introductory visit...

An introductory
visit will be held on
Wednesday 28 March
2018 at 2.30pm in
the main reception
at Perdiswell Leisure
Centre.

For more information or to book an
introductory visit contact Hanneke Monks
or Helen Power on **01562 828815**



www.freedom-leisure.co.uk



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