








'Forget Me Not' sessions for older people with memory problems

Tuesday's 1pm - 3pm

Five A Day Market Garden

-  Weekly sessions which are welcoming and stimulating!
1pm - 3pm
-  Gardening and art and craft activities using natural and recycled materials
-  Meet new people
-  Delicious refreshments
-  Free of charge

The **'Forget me Not'** sessions are open to people across Berkshire.

Sessions are free of charge!

Don't delay - book now as places are limited. First come first served.

Email
pam@fiveaday.org.uk or
call 07939 676 050



Five A Day Market Garden, The Street, Englefield, Reading, Berkshire. RG7 5EL