








'Forget Me Not'

Winter sessions for people with
memory problems

Tuesday 11th November and
Tuesday 9th December 2014

Five A Day Market Garden

-  Welcoming and stimulating! 11am to 1pm
-  Gardening and art and craft activities using natural and recycled materials
-  Meet new people
-  Delicious refreshments
-  Free of charge

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

Thanks to funding from the Berkshire Community Foundation, the 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



**Please note: Five A Day Market Garden gets a little chilly over the winter!
Hence, sessions will be held at:**

Thatcham Court Nursing Home, Chapel Street, Thatcham, Berkshire. RG18 4QL