

# Dancing through your Memories

A dance programme aimed at people with dementia and memory loss and their carer/family.



Westbank, in partnership with Drink Wise Age Well (DWAU), is offering a 6 week FREE introduction to an old style informal and fun dance programme.

**Where:** Withycombe Rugby Club, Raleigh Park, Hulham Road, Exmouth, EX8 3HS

**When:** Thursdays  
(Starting on Thursday 2nd November)

**Time:** 10.30 - Midday

**Cost:** Free of charge for the 6 week programme; there will be a small charge for refreshments

## Alcohol Awareness Session

A fun and interactive alcohol awareness session run by DWAU.

**When:** Thursday 23rd November

**Time:** 9.30am - 10.30am

This is a discussion based informative session enabling people to make healthy choices about alcohol use.

Transport may be available for a small donation, for further information or to secure a place please book in advance with Sarah Forde or Vicki-Jo Eva, Westbank Healthy Neighbourhoods Co-ordinator on:  
t: 01392 824752 option 2, option 2 or e: [vj.eva@westbankfriends.org](mailto:vj.eva@westbankfriends.org)

[www.westbank.org.uk](http://www.westbank.org.uk)

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