



Wednesdays Wellbeing Activities Session



Sessions vary throughout Hubs, to find out more contact:

bdh@mhmwales.org

0300 10 249 70

Come Join Us

**For fun free activities supporting those living with
dementia and peer support for carers**

Wellbeing Sessions

Our sessions promote cognition, socialisation and physical health through person-centered approaches.

Such activities include:

- Live music performed by our music team members.
- Indoor bowling.
- Pamper sessions such as nail-painting and make-up.
- Creating memory books.
- Arts and crafts.
- Mindfulness meditation.
- Quizzes.
- Bingo.
- Board games.



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